



Post-Surgical Care Instructions (Soft Tissue/Gum Tissue Grafting)

Discomfort: Medication(s) may be prescribed for post-operative pain or discomfort. An anti-inflammatory medication such as ibuprofen may be prescribed for moderate pain. The most beneficial aspect of the anti-inflammatory medication is prevention of swelling and, as a result, prevention of postoperative pain. **The combination of ibuprofen and acetaminophen (Tylenol) have a synergistic effect in reducing postoperative pain.** The opioid/narcotic prescription you may have been prescribed can be useful in reducing pain not controlled by the anti-inflammatory medication.

Infection: If antibiotics are prescribed, probiotics are also recommended and can be purchased at your pharmacy. Antibiotics may alter the effectiveness of birth control pills. Consult your physician/gynecologist for assistance regarding additional methods of birth control.

Swelling: Use of ice packs wrapped with a soft cloth 15-20 minutes every hour for the first 24 hours will reduce swelling and postoperative pain. While resting keep head elevated, use extra pillows when sleeping, (2 or more), for the first 24 hours.

Cleaning: Avoid brushing the surgical area for the first 14 days. Use antimicrobial mouth rinse twice a day as prescribed. Do not use water pics or electric toothbrush until the doctor lets you know it's permitted.

Diet: Stay well hydrated by drinking lots of fluids. The most common source of trauma is pulling or hitting the area, especially while eating. *Avoid hard, crunchy, sticky foods, foods with seeds, shells or husks (example: popcorn), and foods that you need to tear with your front teeth for the first 14 days.* Please follow the following diet recommendations:

Week 1-2 Semisoft; flaky fish (trout, salmon), pasta, soft cooked vegetables, chicken, foods that can be cut with a fork.

Bleeding: Some minor oozing of blood from the palate or the grafting area can be expected during the first few days. If you experience active bleeding, try to identify the source and apply gentle, steady pressure with moistened gauze for at least 5 minutes uninterrupted.

Sutures: Stitches will dissolve and can begin falling out as soon as 3-4 days after surgery.

Surgical Appearance: During the first week, the surface of the graft may turn white and appear to fall off. This is a normal occurrence.

Patients with sleep apnea: If you have been sedated, for your safety we recommend you do not be left unattended for up to 3 hours following sedation (also if you are taking any opioid/narcotic).

Special Restrictions and Instructions

- If you have been sedated, DO NOT operate a motor vehicle the day surgery.
- Avoid the use of a straw, vigorous rinsing, and spitting.
- Avoid disturbing the surgical area, especially during the first 2-3 days.

If you have any questions or concerns, or experience any unexpected difficulties, please call our office at 790-2151. If the office is closed, you may reach Dr. Brown on his cell phone at 591-5724 or home at 299-2448