

# Post-Surgical Instructions for: Soft Tissue Grafting

## Brushing/Flossing

- Do not brush or floss the treated area for 1 week
- You may brush and floss all other teeth normally
- You will be scheduled for a follow up appointment in 7-10 days and proper brushing/flossing instructions will be reviewed at that time

## Eating

- Day 1 avoid hot foods (hot soups, coffee, tea) as they will increase swelling
- Day 2 warm foods may be consumed
- Soft foods will be desired due to soreness (pasta, cottage cheese, mashed potatoes, foods soft enough to cut with a fork)
- Avoid crunchy, hard, spicy or salty foods (pretzels, nuts, chips, popcorn)
- Avoid drinking with a straw for 3 days as this can create bleeding

## Discomfort/Swelling

- It is normal to experience pain, throbbing or discomfort. Typically the most soreness occurs during the first 3 days and can last up to one week
- Delayed discomfort is possible. This means you may feel little to no discomfort the 1<sup>st</sup> week but you may experience some discomfort the 2<sup>nd</sup> week
- To help with swelling, you may place a cold pack on the outside of your face near the treated area repetitively, 10 minutes on 10 minutes off. This is most effective the first 24-72 hours following the surgery
- Minimize talking as much as possible the first day in attempt to help with discomfort
- It is normal for the palate and the grafted area to look and feel swollen
- Bruising to the cheek or chin may occur

## Bleeding

- It is normal to experience slight bleeding the first 2-3 days
- Some medications may increase post-operative bleeding such as Aspirin, Plavix, Xarelto, Eliquis, Coumadin, Heparin, Pradaxa, Effient
- If you experience bleeding from either the palate (roof of the mouth) and/or the grafted area, follow the below directions

### Palate

- Moist gauze will be sent home with you to apply pressure to the palate
- Fold one piece of moistened gauze in half, place it on your thumb, and apply direct pressure to the palate until the bleeding stops. You will need to change the gauze periodically if it becomes saturated
- If bleeding continues after 20 minutes of applying pressure, replace the gauze with a moist tea bag. The tannic acid in the tea may help control the bleeding. Unfortunately the taste is not pleasant
- If excessive bleeding occurs after attempting the above procedures, call the office or after hours emergency phone number on the back of this page

### Grafted Area

- Apply light to medium pressure with 3 fingers to the outside of the face in the area where grafting was performed. Do NOT apply pressure to the tissue on the inside of the mouth
- A dark blood clot may form over or under the bandage (see Bandage Section on back page) Do NOT attempt to remove the clot. It will eventually release on its own
- If excessive bleeding occurs after attempting the above procedures, call the office or after hours emergency phone number on the back of this page

## Sutures

- Sutures (stitches) are resorbable and will come out typically within 5-10 days. They may untie, become loose and hang down from the palate. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you may trim them with small scissors

**Bandage**

- A white or pink bandage is placed over the treated area. Do NOT disturb the bandage. It will eventually fall off. Do not be alarmed if it falls off within 1-3 days following the surgery. If it stays in place, it will be removed at your 7-10 day follow up visit
- Do not worry how the tissue looks once the bandage comes off. It is normal for the tissue to be thick, swollen, red or white in color. The swelling will be present for approximately 2 weeks and the tissue will become pink in color the longer it heals. Final healing is approximately 6 weeks

**Prescriptions**

- **Mouth Rinse**  
Dispense 1 cap full and hold in area for 30 seconds. Gently spit.  
Do this twice daily (after breakfast and before bedtime) until you return in 7-10 days  
You will use approximately 1/2 the bottle. Do not throw away the remainder. At the 7-10 day follow up appointment, you will be instructed to brush the treated area with the mouth rinse
- **Antibiotic**  
Take as directed until gone. Many antibiotics counteract oral contraceptives, therefore the use of alternative contraceptives to prevent pregnancy is recommended
- **Pain Medication**  
Take as needed (i.e. Ibuprofen, Tylenol, Advil, or prescribed medication)

**Working**

- It is not advised to return to work the same day of surgery due to discomfort and possible bleeding
- You likely will be able to return to work the following day
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day. You are NOT to drive until the following day**

**Exercising**

- Avoid exercising or heavy lifting for 2 days

**Smoking**

- It is best not to smoke during the 1<sup>st</sup> week following the surgery as it will delay the healing process, cause bleeding, and compromise the result of the graft

**Questions or Concerns**

Office - 317-844-2792

After hours emergency number for Dr. Kurt – 317-691-4169

After hours emergency number for Dr. David – 317-405-7420

Surgical Assistant \_\_\_\_\_

**7-10 Day Follow up appointment:**

Date \_\_\_\_\_ Time \_\_\_\_\_ a.m. p.m.

We will call you to schedule