

Post-Surgical Instructions for Connective Tissue Graft

-Anesthesia will last from 2-4 hours so do not eat until anesthesia is gone while being careful not to bite your lip, cheek or tongue.

- It is extremely important that you maintain your regular healthy diet (**high in protein**) to promote proper healing. Avoid eating **hard, sharp, spicy, seedy and stove hot** foods for a period of a week. Plenty of liquids are needed at first, and the diet should be increased to soft or regular foods as early as you are able. Examples of foods that may be taken as desired immediately following surgery: Milk, shake, ice cream, soups, broths, fruit juices, eggnog, tuna, beans, chicken, etc. Avoid popcorn and anything with small seeds. Take 500-600mg of Calcium Carbonate or Calcium Citrate twice per day for healthy jaw bones, teeth, etc.

-Start gentle rinsing with warm salt water rinses (1/2 teaspoon of salt in an 8 oz. glass of warm water) every 3-4 hours for one week during waking hours. This will promote healing.

-**Do not brush** (only chewing surfaces) nor use floss or proxy brush around the **surgical site(s)** for at least one week. **Do not use toothpaste** instead brush with Chlorhexidine Gluconate (Peridex) for one week. No Electric toothbrush or waterpik usage for 3 months in surgical area(s).

- Follow with 1/2 ounce of Peridex (Chlorhexidine Gluconate) gentle rinsing for 1 minute every 12 hours during waking hours. This is a very strong antiseptic and you may be rinsing with Peridex for up to 2 weeks.

Do not pull on lip to look at graft. Do not bite into any foods, instead cut with knife and place in the back of mouth. If site continues to bleed place a moisten non-herbal tea bag (Lipton) on site with firm pressure for 15 minutes. Limit facial expression so to not disturb healing. Do not use a straw.

-Apply ice pack (zip-loc bag with ice wrapped with a paper towel) to face for 2 minute (On/Off) intervals. Continue this procedure for a period of 3 hours. You may use small ice chips or crushed ice in your mouth to help reduce swelling. Please do not chew ice!!!

- Some light bleeding during the first 24 hours and possible rise in body temperature may occur. Do not take Aspirin because this will encourage

bleeding. If swelling and/or discoloration occurs it may last for at least 4 days.

- Following surgery, proper rest is vital to healing and reducing the possibility of discomfort, bleeding or other complications. Avoid excessive or vigorous exertion of any type. Follow your regular daily activities if they do not require much physical exertion. Do not bend over. Try to keep your mouth above your heart. Do not touch surgical area(s) with tongue or finger.

-Take medications as directed. If not allergic to Aspirin and have no history of ulcers you can take Aleve one/220 mg tab every 12 hours as needed for pain drinking 5-8 ounces of water each time.

- Absolutely NO Smoking for 2 weeks.

Questions: Contact Office at 891-3000/ Home 896-1861 if excessive bleeding occurs, severe pain is present in spite of medication or if an abnormal reaction to the medication.