**SOFT TISSUE GRAFT POST-OPERATIVE INSTRUCTIONS**

**SURGICAL STENT** (**only for grafts taken from palate**): A plastic stent was made for you unless you have a retainer. We would like you to try to leave it in for the first day to prevent post operative bleeding. You may wear it for as long as you like depending on your comfort. If you are scheduling more than one procedure, please retain this stent for future use. If it is not reusable, we can use the model to make another for you.

**MEDICATIONS:** if PERCOCET was prescribed for you, take it as directed. Take 600mg ibuprofen one hour before surgery and 600mg every 4-6 hours for 3 days. This is to reduce the swelling and discomfort. You can also alternate ibuprofen with 1 tab Tylenol 325mg every 4-6 hours. Only take the pain medication as needed. Take all medications with food. If slight fever or chills occur, it is of no consequence unless it persists for more than 24 hours. A temperature above 102 degrees or a persistent low-grade temperature should be reported at once. **If** an antibiotic was prescribed for you, take as directed until all the medication is gone. **If** Dexamethasone was prescribed for you take as directed. As with all medication, if a skin rash occurs or you have nausea, discontinue the medication, and call us at once.

**DIET:** Stay on very soft/liquid diet for the 1st week and semi-soft foods for the 2nd week. Avoid chewing on the side of your mouth treated surgically until we see you for post-op visit (2 weeks). Shakes, smoothies (no seeds), yogurt, jello, soup, or any other liquid can be taken. Avoid spicy, acidic, or sour foods/drinks. Avoid hot/warm foods/beverages on the day of the surgery and do NOT use a straw.

**SWELLING:** Swelling is common following periodontal surgery. Since this type of surgery is a very delicate procedure, please do not apply any ice pack over the area and do not touch the face. Keep the surgery side as gentle and atraumatic as possible. Also, do not pull the lip sharply from the surgical site.

**RINSING:** The day of your surgery avoid rinsing and/or spitting. The day after surgery gently rinse with the prescribed Peridex twice a day. Hold it in your mouth for 1 minute and avoid vigorous swishing.

**BLEEDING:** Some bleeding will stain your saliva so do not be alarmed. To control palate bleeding, you can fold a damp gauze in half and with the thumb apply direct pressure to the bleeding area for 20 minutes. You can also moisten the provided tea bags and use it instead of gauze. If excessive or continuous bleeding occurs discontinue any rinsing, avoid any exertion, and call our office.

**CLEANING:** **Do not** brush at all on the day of surgery. The next day you can resume brushing except for the graft site. **Do not brush the graft site until Dr. Javadi recommends that you do.**

**SUTURES:** Sutures either will be dissolved by themselves or the non-resorbable ones will be removed in 4 weeks. Please do not pull or remove them if they get loose and call our office!

If you are unable to reach anyone at the office, please call Dr. Javadi 425-877-5385 or email her at periomsd@gmail.com.