

# Post-Operative

## INSTRUCTIONS FOR SOFT TISSUE GRAFTING

**BRUSHING/FLOSSING:** DO NOT brush or floss the grafted site until Dr. Hsu advises you to do so. The antibacterial rinse (Peridex or Chlorhexadine) prescribed for you should be used 2-3 times a day to help keep the surgical sites clean. It is important to rinse very gently as vigorous rinsing may disturb the graft site. Usually, she will instruct you to begin brushing in the surgical site about 3 weeks after the procedure.

**DO NOT pull out your lip to look at the graft. The inside portion of the lip may be attached to the graft to enhance the blood supply, pulling may compromise healing. Excessive movement of the lips or pressure on the cheeks or lips should also be avoided.**

**DISCOMFORT:** Take an anti-inflammatory medication such as Advil, Ibuprofen, or Motrin for the next 3-4 days after surgery, whether you have pain or not. I recommend taking 600mg every 6 hours. If pain is more severe, the prescribed pain medication may be taken in addition to the anti-inflammatory.

**SMOKING:** DO NOT smoke for the first week after the surgery. It is preferable to not smoke for 3-4 weeks after surgery because the nicotine can prevent the graft from attaching to the tooth and may result in failure.

**EXERCISE:** We ask that you refrain from any physical activity 2-3 days after surgery. Basically just take it easy.

**SUTURES:** Your graft is sutured with stitches that will eventually dissolve on their own. Please try to keep your tongue from playing with the stitches that hold the graft in place. Do not pull any loose stitches out. Call the office to schedule a follow-up if these are bothersome. If a dressing was used over the graft, it is intended to remain until the first post op appointment. Do not be concerned if it will not stay in place, just leave it off the site.

**NEVER remove or disturb any tissue in the graft area. It is expected that the graft may not look very pretty the first 2 weeks after surgery. The key is not to disturb it.**

**DIET:** Do not bite into any foods like sandwiches, burgers, etc the first 2-3 weeks after surgery. Soft, cold foods are best the day of surgery. A soft diet the first week after the surgery is recommended. Refrain from eating crunchy foods, carbonated drinks, and alcohol during the first week.

**EMERGENCY:** Please contact our office for any emergency type complications you may experience at 972.255.3382. If after hours, Dr. Hsu can be reached on her cell phone at 214.564.9131.



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