

DON'T WEAR YOUR FLIPPER

INSTRUCTIONS FOR AFTER SOFT TISSUE GRAFTING SURGERY

During the first week don't touch the area (fingers, tongue, tooth brushes, etc.).

Everyone will have some, or all of the following symptoms: **bleeding, swelling, discomfort and bruising.** It is hard to predict to what degree you may experience these symptoms. They usually peak by the 3rd day and then begin to decrease. Adhering to the instructions below will help to optimize your healing.

THINGS TO DO

BLEEDING: For the first 48 hours elevate your head whenever you lie down. Small amounts of blood may color your saliva the first few hours after surgery. If large clots of blood form on roof of mouth, place firm pressure on the site with moist gauze or a non-herbal tea bag for 30 minutes.

SWELLING: In the event you experience a hot, throbbing, or painful sensation you may apply ice to the outside of your face in the area involved. Place the ice for 10 minutes on and then remove for 10 minutes. If you do not have these symptoms, or swelling, it is optional to minimize the use of ice.

DIET: Within the first 24 hours after surgery, food and drink should be cool or cold. For the first week soft foods are recommended so that the surgical wound will not be traumatized. A nutritious diet throughout your healing stage is very important for your comfort, temperament, and healing. Avoid alcoholic beverages when taking prescribed medications.

MEDICATIONS: Before the anesthetic wears off, eat something soft and take ibuprofen 600mg. If your pain is more intense, you can take the prescription pain medication at the same time as the ibuprofen. It is essential to take all medications as directed. Should nausea or vomiting occur, stopping the prescribed pain medication and using Tylenol or Advil may help. If you develop a rash, itching or other unusual reactions, stop taking your medication and notify the office.

ORAL HYGIENE: Do not rinse your mouth for 24 hours after surgery. After 24 hours cautiously brush the teeth not in the area of surgery and gently rinse after each intake of food and before retiring. It is extremely important to keep your mouth clean for faster healing. Begin gentle rinsing with the prescribed oral rinse (Chlorhexidine), 48 hours after surgery.

MOUTH GUARD: Please leave the mouth guard in for the first 24 hours. Thereafter, you may remove it and wear it only when eating or as frequently as you like.

THINGS NOT TO DO

AVOID SMOKING, PULLING ON YOUR LIP TO SEE THE AREA, SPITTING, VIGOROUS RINSING, HOT BEVERAGES, AND DRINKING WITH A STRAW for the first week after surgery. These actions may stimulate bleeding or dislodge the blood clot.

AVOID PHYSICAL ACTIVITY for at least 72 hours. This includes heavy lifting, elevating your heart rate or lowering your head below your knees. Physical activity may cause a renewal of bleeding, or increased swelling. Slowly work your way back into normal activities after a minimum of 3 days of inactivity. If you have swelling, you should wait until it has gone down to initiate physical activity.

Be sure to call the office if you have any questions or concerns. If you believe you have an emergency situation at any time, call the office at (503) 620-2807 or Dr. McAllister's cell phone at (503) 705-9241 or Dr. Eshraghi's cell phone at (503) 799-5383.