

Soft Tissue Graft Post-Op Instructions

Please note: Keep the mouth tray in for the first 24 hours. After that, you may wear as needed and when eating.

- ***Ice pack:***

Apply ice directly to face (alternating 15 minutes on, 15 minutes off, continuing this for the first day). Ice will decrease swelling and pain.

- ***Pain:***

Please note: Pain, swelling, and discomfort is completely normal, after procedure, and will occur.

Take medications, as directed, when needed:

800 mg Ibuprofen, every 6 hours, (using Tylenol (Acetaminophen) in between Ibuprofen doses, as needed, for additional pain management) no more than 4 times a day.

Or

2 extra strength (500 mg) Tylenol, every 6 hours. Take no more than 8, per day.

- ***Bleeding:***

Bleeding can normally be controlled by placing gauze in the area of the graft site by biting down or using firm pressure for 5-15 minutes. If bleeding cannot be controlled, call our office.

- ***Teeth brushing:***

Brush your teeth normally, avoiding the graft site for the next 3 days. **48 hours after procedure**, a saltwater solution (1/2 teaspoon salt + 8 ounces warm water) can be swished in your mouth for 2-3 minutes, every hour, for additional comfort.

- ***Diet:***

You may eat normally when the numbness wears off. Avoid chewing in the area of the graft site. **Refrain from eating hard crunchy foods** until follow-up appointment (For example: nuts, chips, rice, granola, etc.).

IMPORTANT: LEAVE THE AREA ALONE.

Do not look at the graft or pull on lip to prevent disturbing the graft site. Following these instructions very closely will greatly help your comfort and promote uneventful healing to the graft site.

If you have any questions or concerns, please call our office at (309)-691-6054.

In case of a dental emergency, call (309)-360-8502.