

POST –OPERATIVE CARE FOR SOFT TISSUE GRAFTS

CARE OF THE MOUTH

Brushing and Flossing. AVOID THE SURGICAL SITES until given specific brushing instructions at your postoperative visit. You may notice a white film over the surgical sites. This is completely normal.

Electric Toothbrushes. DO NOT use an electric toothbrush such as a Sonicare or Oral-B Braun for 6 weeks following surgery, unless directed otherwise.

ACTIVITIES

Rest. Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling.

After 24 Hours. You may return to your regular work schedule, but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for up to 3 days following surgery. Ask us for specific recommendations in your situation.

MEDICATIONS

1. ___ Chlorhexidine Rinse ½ oz. 30 seconds, AM and PM.
2. ___ Ibuprofen – take as directed for mild to moderate pain.
3. ___ Narcotic– take as directed in addition to the ibuprofen as needed for more severe pain.
4. ___ Antibiotics – take until finished
5. ___ Steroid

SWELLING

Ice Packs. Some swelling usually occurs after soft tissue grafting. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area, for 15 minutes, and then take it off for 15 minutes. Continue to apply ice packs as much as possible the first 24 hours after surgery.

BLEEDING

Slight bleeding or oozing is normal during the first 1-2 days following surgery. Should bleeding occur, apply firm, uninterrupted pressure, with moistened gauze and hold it against the bleeding site 10-15 minutes. If bleeding persists, soak a tea bag in ice cold water, squeeze out excess water and place in affected area with moderate pressure. Leave the tea bag in place for 30 minutes without looking at the area of concern or removing the tea bag. This should cause the bleeding to be reduced significantly or stopped completely. If bleeding persists, repeat the above process. If excessive bleeding occurs, please call our office.

It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime: (301) 739-6868. If you need to speak to Dr. Bye after hours, his home phone number is (301) 991-0267.