



Soft Tissue Grafting Instructions

PRE OP

- Discontinue **aspirin** and any medications containing aspirin for two weeks prior to your surgical appointment, unless instructed by your physician not to discontinue this medication.
- Discontinue **Advil** or any other non-steroidal anti-inflammatory medication one week prior to your surgical appointment. You may substitute Tylenol for these medications.
- Discontinue **Vitamin E** one week prior to your surgical appointment.
- Inform this office if you are taking any other **anticoagulant medications**, i.e, Plavix, Coumadin, etc.
- Take any **prescribed antibiotic** as directed for heart murmur or mitral valve prolapse.
- Take **all medications** as directed by your physician. Please inform this office of all routine medications you are currently taking.
- Please inform our office of any **allergies to medications**.
- **Plan to rest at home** the remainder of the day and the following day after your surgical appointment.
- **Eat a light meal** prior to your surgical appointment. Avoid heavy or greasy foods.
- Following surgery you should have **cold liquids for your next three meals**. Protein shakes, Ensure, ice cream, and yogurt are good choices.
- You will be able to **drive yourself home** after surgery, but you may wish to arrange for someone else to drive you home. If you take an **oral sedative**, such as Halcion or valium or if your surgery is with **IV sedation**, you **MUST** have someone drive you home.

POST OP

- Take **prescribed antibiotics** as directed until finished.
- Take the **pain meds** as needed
- **Minimize speaking** for the first 24 hours. This limits the movement of your facial muscles and prevents the graft tissue from shifting
- **Non-resorbable sutures** were placed, they will be removed at your 1 month post-operative visit
- **DO NOT BRUSH or FLOSS the surgical site** until we see you at your 1-week post op visit. It is OK to brush and floss the rest of your mouth normally.
- **Electric Toothbrushes**. DO NOT use an electric toothbrush such as Sonicare or Oral-Braun for 6 weeks following surgery. And no **Water Pik** for 6 weeks post op
- **Mouthwash**. Soak the gauze with the prescribed PerioGard, fold in half and place over the surgical site. Let the gauze soak on the site for 4-5 min. Do this 5-6 times a day at the least. **DO NOT RINSE YOUR MOUTH WITH THE MOUTHWASH**
- **No exercise** of any sort for the first 5 days post op. Yoga and riding your bike is considered exercise.
- Some **swelling** occurs after periodontal surgery. 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 10 minutes, and then take it off for 10 minutes. Continue to apply ice packs as much as possible the first hours after surgery.
- Slight **bleeding** or oozing is normal during the first one or two days following surgery. If excessive bleeding occurs, please call our office.
- **DO NOT SMOKE** for three weeks after surgery. If you can stop smoking for three weeks postoperatively, you may as well quit all together.