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## SOFT TISSUE GRAFT POST OPERATIVE INSTRUCTIONS

1. **Pain control recommendations:** Your first level of pain control will be ibuprofen. You will be given 600mg of ibuprofen at the beginning of your appointment. It is recommended that you continue to take the ibuprofen for the next 3-4 days then as needed (600mg every 6 hours). The maximum dose of ibuprofen is 2400mg per day. Your second level of pain control is acetaminophen "Tylenol". Two 500mg tablets can be taken 3 hours after the initial dose of ibuprofen and continue to alternate these medications every 3 hours. Most patients are comfortable following these guidelines; however, should you need stronger pain relief you will be given an additional prescription to fill at the pharmacy. All of the prescription pain relievers contain acetaminophen: therefore, if you take the pain prescription medication, do not take any additional acetaminophen for 6 hours. **IMPORTANT:** The prescription pain medication may cause drowsiness or nausea. Do not drive or drink alcoholic beverages while taking the prescription pain medication. To avoid nausea, take with food or milk.
2. **Peridex mouth wash:** Apply to surgery area only. Do not rinse with Peridex. Apply by dipping soft toothbrush (provided) or q-tip into small cup and lightly brush around teeth and onto packing. Peridex may cause a temporary stain; To avoid as much stain as possible; Brush and floss non-surgery areas before using Peridex. Avoid smoking and excess amounts of coffee and or tea.
3. The anesthetic used will typically last 4-6 hours. Be careful not to bite your lip/cheek while you are still numb. Avoid hot food or drinks that will burn numb areas.
4. Avoid biting into hard or crunchy foods. This will knock off the periodontal dressing and injure the graft area.
5. The periodontal dressing is used to protect the graft area. If it falls off before your sutures are taken out, please leave it out and call the office so we can replace it.
6. A dissolving collagen mesh material and adhesive will be placed over the donor site. This will help protect the donor site initially. If this comes off and there is increased bleeding or discomfort, please contact our office. Apply Peridex to area to keep clean and aid in comfort. Rincinol is an oral pain reliever that can also aid in comfort. A sample is provided and can be applied with a Q-tip several times per day as needed. This product is available over the counter if more is needed.
7. The donor site may bleed heavily if bumped. To stop this bleeding apply constant pressure for 15-20 minutes with a folded moistened sterile gauze (provided). Repeat if needed. If not successful, apply a moistened tea bag to area. Please call us if both treatments are unsuccessful.
8. Do not use straws. Sucking causes negative pressure and it may pull the collagen mesh from the donor site; this will cause bleeding. A small amount of bleeding is considered normal the day of and the morning after surgery. Avoid rinsing your mouth vigorously or spitting as this will prolong bleeding. It is important, however, to stay hydrated; drink lots of fluids but refrain from alcohol for 24 hours.
9. **Ice is very helpful in reducing swelling:** Apply an ice pack on the surgery area (wrapped in a towel on the outside of the face) for 20 minutes at a time every hour the day of surgery.
10. **Avoid smoking**

### Special Instructions

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Should you have any questions or concerns, please call the office @344-0908.  
To reach Dr. Ferguson after hours please call 484-2235 or  
To reach Dr. Beaudry after hours call (480) 444-8119.

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