

## POST-SURGICAL INSTRUCTIONS FOR SOFT TISSUE GRAFTING

Proper care of your mouth following periodontal surgery is essential for optimal healing. Each person responds differently to surgery—discomfort, swelling, and bleeding can vary. Please follow these instructions carefully to promote healing and minimize complications.

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### DISCOMFORT & MEDICATIONS

- Take medications exactly as prescribed. Changes may affect healing and the success of your procedure.
- For pain control, take 600mg Ibuprofen with 500mg Tylenol every 6 hours.  
*OR*  
Take 600mg Ibuprofen with 1 tablet of Tylenol #3 every 6 hours.
- Most discomfort occurs within the first 24–72 hours.
- Begin pain medication before the numbness wears off.
- If taking narcotics:
  - Take with food.
  - Do not drive or consume alcohol.
- Take all prescribed antibiotics until finished, unless instructed otherwise.
  - Consider taking probiotics (e.g., StellaLife Healthy Mouth and Gut) to prevent gastrointestinal issues.
- Contact the office if you experience:
  - Rash, itching, dizziness, difficulty breathing, fever, or diarrhea.

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### SWELLING

- Swelling and bruising are common and may occur after surgery.
- Apply an ice pack wrapped in a towel to the outside of your face during the first 8–12 hours. Use 20 minutes on / 5 minutes off.
- Sip cold water throughout the day and hold it in your mouth before spitting or swallowing.
- Keep your head elevated above your heart for the first 24 hours (use extra pillows while sleeping).
- Swelling should begin to subside after 3–4 days.
  - After 48 hours, you may use moist heat if needed.

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### BLEEDING

- Mild bleeding or oozing may last 24–48 hours.
- If bleeding is excessive:
  - Apply moist gauze or a tea bag with firm, direct pressure to the area. (Tannic acid in tea helps with clotting.)
- Avoid anything that could dislodge the clot:
  - No forceful spitting, rinsing, drinking through a straw, or blowing your nose.

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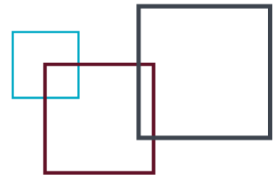
### SUTURES

- Sutures (stitches) may be placed to support healing.
  - Some dissolve on their own.
  - Others are removed at a follow-up appointment.
- Do not disturb sutures with your tongue, toothbrush, or fingers.

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### GRAFT APPEARANCE

- The graft may look white, gray, or red during healing—this is normal.
- Avoid pulling your lip to look at the graft.
- You may notice purple tissue glue around the site; it's normal if small pieces fall off.



## DIET

- Wait until the numbness wears off to eat.
- Avoid chewing on the surgical site until sutures are removed.
- Eat a soft diet high in protein and nutrients (e.g., eggs, yogurt, soup, bananas, fish, protein shakes).
- When in doubt, blend your food and eat with a spoon.
- NO straws!
- Avoid:
  - Hard, crunchy, fibrous, or sharp foods (e.g., nuts, chips, seeds, popcorn).
  - Hot foods and drinks for 48 hours (use cool to lukewarm options).
  - Alcohol while taking antibiotics or pain medications.

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## ORAL HYGIENE

- Day of surgery: Do not brush, floss, rinse, or use any oral products.
- Day after surgery: Resume brushing and flossing only non-surgical areas.
- Do not touch the surgical site for the first 2 weeks unless directed.
  - After 2 weeks, use the soft surgical toothbrush provided—brush teeth only, avoiding the gums.
- Begin prescribed mouth rinse (e.g., chlorhexidine) the day *after* surgery.
- You may rinse with warm saltwater 4–5 days after surgery.
- Do not use over-the-counter mouthwashes.
- Follow StellaLife product instructions if provided.

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## REST

- Avoid strenuous activity, lifting, or bending for at least one week.
- Rest with your head elevated the first day and sleep with extra pillows for several nights.

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## SMOKING

- Stop smoking until your sutures are removed.
- Smoking delays healing, increases discomfort, and raises the risk of infection and graft failure.

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## DENTURES / NIGHT GUARDS

- Only use dentures, partials, or night guards if approved by your doctor.
- Wear with caution—pressure can interfere with healing.

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## CONTACT INFORMATION

**If you have questions during business hours, call the office.**

**For urgent concerns after hours—such as excessive bleeding, persistent pain, fever, or medication reactions—contact:**

- Dr. Raha Yousefi: (301) 537-3995
- Dr. Ahad Soley: (240) 919-6640

**FOR MEDICAL EMERGENCY CALL 911**