

## South Shore

LONG ISLAND  
PERIODONTICS &  
IMPLANTOLOGY PC

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### POST-OPERATIVE CARE INSTRUCTIONS SOFT TISSUE GRAFTING

#### BLEEDING

- **Do not spit, sip through a straw, or rinse mouth** during the first day.
- There may be blood present in your saliva for the first day or two following surgery. This is normal. If bleeding does occur, apply firm pressure with moist gauze or a moist tea bag for **15** minutes. Repeat if necessary.
- Do not be surprised if you experience a little bleeding throughout the night. Put a towel over your pillow prior to going to sleep.

#### ORAL HYGIENE

- **Avoid vigorous rinsing for 24 hours.**
- **Do not brush** the surgical area for one week, or until instructed to do so.
- Brush your remaining teeth, gums and tongue with a new toothbrush, as thoroughly as possible, taking precaution to avoid disturbing the site.

#### SWELLING

- Swelling and bruising will be greatest during the first **24-72** hours following surgery.
- **Do not place ice or cold compresses near the surgical site.**
- If possible, at night **elevate your head** by using extra pillows.

#### DIET & EXERCISE

- **Do not eat anything (hot or spicy) for approximately 2 hours**, or until the numbness is gone. You may eat warm or cold foods.
- **Only consume soft foods during the first day or two following surgery**, in order to avoid contaminating the wound with food particles.
- Use fork and knife. Avoid eating on the side of your mouth that was operated on.
- Smoking is discouraged for the first two weeks following surgery.
- Alcohol consumption is also discouraged for the first three days.
- **Do not exercise** for **two** days following surgery (aerobic activity).

#### ANALGESICS & ANTIBIOTICS

- Some discomfort can be expected for the first few days but will gradually subside with healing of the tissue. If you experience any discomfort, take two Tylenol, Advil, etc., or medication we have prescribed at **4-6 hour intervals**, or as prescribed.
- If prescribed, take the antibiotics tablets in accordance with instructions on the bottle.
- If you develop a **fever above 100 degrees**, call the office.

**\*If you have any questions or problems, please feel free to contact the office at any time\***