

## **TISSUE GRAFT POST SURGICAL INSTRUCTIONS**

>TAKE MEDICATION AS PRESCRIBED. IBUPROFEN THE FIRST DAY WILL HELP MINIMIZE ANY SWELLING IN ADDITION TO CONTROLLING THE DISCOMFORT.

>KEEP THE PACKING ON AS LONG AS POSSIBLE.

>IF THE PACKING COMES OFF, THAT IS ALRIGHT. THE AREA MAY BE TENDER IF THIS OCCURS. SIMILAR TO A "PIZZA BURN".

>NO BRUSHING OVER THE GRAFT SITE. RINSE 3-4X DAILY WITH CREST PRO HEALTH OR LISTERINE ZERO.

>DO NOT PULL ON CHEEK OR LIP TO EVALUATE THE SITE.

>SLIGHT BLEEDING IS NORMAL FOR THE FIRST DAY. YOUR SALIVA MAY CONTAIN SOME RED COLOR FOR THE FIRST 24 HOURS.

>LEAVE THE AREA AS UNDISTURBED AS POSSIBLE.

>SWELLING IS ALWAYS POSSIBLE. APPLY ICE TO THE AREA (ON THE FACE) FOR 10-15 MINUTES, THEN REST FOR 5 MINUTES, PLACE ICE AGAIN...CONTINUE THIS ROUTINE FOR AT LEAST ONE HOUR.

>EAT SOFTER FOODS FOR THE 1<sup>ST</sup> FEW WEEKS.

>NO SMOKING. SMOKING DOES NOT HELP WITH THE HEALING PROCESS AND CAN EFFECT THE TAKE OF THE GRAFT.

IF THERE ARE ANY CONCERNS OR QUESTIONS, PLEASE DO NOT HESITATE TO CALL THE OFFICE (412) 833-5110 OR AFTER HOURS (412) 559-1601