

Post-Op Instructions Following Soft Tissue Grafting Surgery

1. **No brushing or flossing the area we worked on until your follow up appointment. Do use the Stella kit before you go to bed the same night as the surgery day and continue until your next visit. If you should run out of the Stella kit you may use warm salt water.**
2. **Oral Hygiene**- Use the prescribed rinse/Stella kit 3 times a day, preferably after meals. **Do not** brush or floss the areas where surgery was done. You may brush and floss the rest of your teeth as normal.
3. **Do not pull your lip out to see how the healing is doing as that will disrupt healing. Do not touch the graft and NO vigorous rinsing or spitting.**
4. **Swelling**- Swelling and bruising are common occurrences following surgery. This can persist 4-5 days. Please use an ice pack for 20 mins on and 20 mins off the surgical site for the first 24 hours.
5. No smoking and that includes smokeless tobacco, vaping and pot as this prohibits healing. No alcohol for the first 72 hours after surgery as alcohol is a blood thinner and makes bleeding complications more likely. No heavy-duty exercise for the first few days as you are healing. No bleaching your teeth for at least three months after surgery.
6. **Diet**- Soft diet for three weeks. No biting into any foods on the teeth that were worked on at all. **No straws.** If you have a smoothie use a spoon. Cold foods are great. Anything hot, wait until it has cooled down before putting into your mouth. Examples of good foods include eggs, pasta, rice, chicken, fish, mashed potatoes, lukewarm soup, and ice cream. **Foods to avoid:** chips and salsa, popcorn, raw vegetables, anything hard, nuts, anything with small seeds and gum.
7. **Bleeding**- Minor bleeding and oozing is both normal and expected immediately following surgery. Although rare and unexpected, if you experience any continuous or prolonged bleeding, please call the office immediately.

8. **Sutures**- Sutures are resorbable and dissolve at variable rates. We often remove sutures at your next appointment. Do not remove the sutures yourself. The sutures are essential for good tissue adaptation.
9. **Discoloration of the graft**- Do not be alarmed if the graft changes color throughout the first two weeks of healing. This is routine and part of the normal healing process. Colors that can be present include gray, black, purple, white, and yellow.
10. **Pain Management**- We recommend (3) 200mg of Ibuprofen (Advil, Motrin, all generics are fine) AND (2) Extra Strength Tylenol (or the generic equivalent) every six hours to control the pain and swelling. If you are taking a narcotic, DO NOT TAKE ANY ADDITIONAL TYLENOL.

If you have any other questions or concerns, please feel free to contact our office at 925-937-6350. Dr. Lacrampe can be reached after hours, on his mobile phone at (925)518-5973