



Postoperative Instructions for Tissue Grafting

Do not brush the teeth where the graft was placed. Be sure to brush at least twice a day in areas where surgery was not performed. Remember to not rub, brush, bump, or pick at the grafted tissue!

I. Right after your Surgery

1. Following surgery, proper rest is important in aiding healing and reducing the possibility of discomfort, bleeding, or other complications.
2. Do not rinse for 12 hours. After 12 hours you may gently rinse with warm water after meals.
3. Do not eat for 2 hours after surgery.
4. During the next 3 days, avoid excessive exertion of any type (golf, tennis, jogging, mowing lawn, heavy lifting, yoga, etc.). You may follow your regular daily activities provided they do not require a great deal of physical exertion.
5. You might consider using an extra pillow to elevate your head above chest level.
6. During healing, you may experience tooth sensitivity with temperature changes (particularly to cold). This is usually temporary and should gradually diminish and eliminate itself in approximately 6-8 weeks.
7. While your mouth is numb, be careful to not bite your cheek, lip, or tongue. The numbness should subside within 2-4 hours.

II. Medications

1. Take medications as prescribed. Follow instructions for all medication accurately.
2. For postoperative comfort have your prescriptions filled as soon as possible.

III. Diet

1. It is extremely important that you maintain your regular diet as much as possible in order to promote proper healing. Avoid chewing with the teeth where surgery was performed.
2. Avoid hot liquids or foods. Allow for liquid to cool to room temperature.
3. Avoid eating hard foods that require a lot of chewing pressure, spicy foods, nuts, chips, or popcorn, etc.
4. Drink plenty of fluids the first 48 hours after surgery.
5. Avoid alcohol.

IV. Oral Hygiene

1. Brush parts of mouth on which surgery was **not** performed.
2. Floss your teeth but not in the area of surgery until advised otherwise.
3. Rinse your mouth carefully after eating.

V. You may Experience:

1. A slight amount of blood seepage may occur, giving your saliva a red color. Do not be alarmed. If the grafted tissue was taken from the roof of your mouth, that area may start to bleed again. Direct pressure with gauze or a tea bag for 20 minutes should control bleeding. If the seepage persists, call Dr. Wang.
2. Swelling and bruising may occur, and is normal- this may last several days.
3. If you have pain and the medicine prescribed for you does not give you relief, please contact Dr. Wang.
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