

Tissue Graft Surgery
Post Operative Instructions

1. Apply ice to treated area immediately after surgery (10 minutes on, 10 minutes off) for 24 hours. This will help prevent any unnecessary swelling.

2. Diet should consist of soft, bland foods. No sharp items such as potato chips, crackers, etc. should be eaten. Avoid extremely hot foods. Coffee, tea and soup should be lukewarm.

3. No strenuous exercise for 24 hours. Relax the first day. **YOU DESERVE IT!**

4. No rinsing for 1 week. Only brush areas of the mouth that will not disrupt the graft.

5. Do not brush area. Use ProVantage Gel 2x daily. Gently apply with finger along teeth above the graft. You will be given a very soft post surgical brush after area is checked by Dr. and considered healed for brushing.

6. Continue taking Motrin for the next 3 days to prevent inflammation.

7. An oral adhesive has been placed over the donor site if donor tissue was taken from palate. This will feel rough to your tongue but will assist in the healing process. If the adhesive should fall off and you remain comfortable, do not be concerned. Otherwise contact office and a new bandage will be applied.

8. Your return visit will be scheduled in one week. **This important appointment is part of the success of your treatment.** Continued instructions and an exam of the graft site will take place.

9. If you have any questions or experience continued bleeding, please call the office at 860-276-9565 or after hours at 917-865-0169.