

## SOFT TISSUE GRAFT POST-OP INSTRUCTIONS

**First 24 hours: No rinsing.**

**First the first week: No brushing at all. Do not pull lip. DO NOT look at area,** since this can tug and irritate the area. Use only the prescription mouth rinse. Rinse very gently. **DO NOT** swish or spit. Minimal talking, extensive conversation can stress and irritate the graft. Minimize touching of roof of mouth, this can cause the tissue glue to come off early. Take medications as instructed.

Minimize cell phone usage as much as possible for at least 2 weeks. If needed, use headphones or the speaker function to keep the phone from your ear to reduce the EMFs transmitted to your jaw and head.

If you were instructed to wear a custom stint, please wear for at least 4 days straight and do not remove even when eating or sleeping. Dr. Lai may instruct you to wear your stint for longer.

**Diet:** Very soft mashed up food for this first week. Example, yogurt, mashed potatoes, protein shakes, steamed mashed veggies. **NO** straws. **NO** carbonated drinks. **NO** alcohol. **NO** salads, **NO** sandwiches. **NO** hard or crunchy food.

**For rest of month (weeks 2, 3, and 4):** No brushing at graft site, but it is ok to brush everywhere else. If you are able to floss without disturbing graft area, then that is ok too. At the graft site use a cotton swab dipped in the prescription rinse and gently swab the teeth only, do **NOT** touch gum area.

**Diet:** Still very soft, but slightly firmer than first week. You can have foods that you can cut easily with a fork. For example, you can have scrambled eggs, soft bread, pasta, fish, rice, oatmeal, and soft ground meat. But remember to chew on the other side (or back teeth if you had grafting on the front teeth). Still **NO** straws. **NO** carbonated drinks. **NO** salads, **NO** sandwiches. **NO** hard or crunchy food.

**NO SMOKING** for the whole 4 weeks.

**In case of bleeding:** The tissue glue on the roof of your mouth may come off early. In these cases, it is common to have bleeding. Use a wet tea bag and hold pressure for 1-2 hours. Repeat as needed, you may leave tea bag in mouth for longer. The tea bag **MUST** be wet or damp, **DO NOT** use dry tea bag or dry gauze. The tea bag may stick to the area, if this happens **DO NOT** pull on the tea bag since this can pull off the clot. Instead, add more water to your mouth until the tea bag loosens on its own. You may also sleep with the tea bag in your mouth if needed.