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**DENTAL IMPLANTS AND PERIODONTAL PARTNERS, LLP**  
**POST-SURGICAL INSTRUCTIONS**  
**FOR SOFT-TISSUE GRAFTING PROCEDURES**

1. **Do Not** rinse, spit, brush, floss or use a straw the day of the procedure.
2. **Do Not Pull** out your lip to check the graft site. The inside portion of the lip may be attached to the graft to enhance the blood supply, and pulling on it will compromise the healing.
3. **Do Not Smoke** for the first week after the surgery. It is preferable to not smoke for 4 weeks post grafting because nicotine is detrimental to the new cells that attach the tissue to the tooth. Nicotine is also an irritant and compromises the blood supply through vessel constriction, which may cause graft failure.
4. Aerobic exercise such as jogging, swimming, etc. should be discontinued for 3-4 days after surgery. This is to prevent damage to delicate new blood vessels growing into the graft tissue.
5. Excessive movement of the lips, or pressure on the lips and cheeks should be avoided.
6. Your graft is sutured with gut stitches, which will dissolve on their own in 5-10 days. Please try to keep your tongue from playing with the stitches that hold the graft in place. If the stitches come loose, **Do Not** pull them out - you could pull the graft off. Rather carefully cut the long end of the suture with clean scissors – **Do Not Pull** on the sutures.
7. **NEVER** remove any tissue from the graft area – you might pull the graft off. A healthy, healing graft can look very bad at one to two weeks post-surgically.
8. If dressing was used over the graft, it is intended to remain until the first post-surgical appointment and should not be disturbed. If it comes loose, notify the office.
9. Occasionally, some post-operative bleeding may occur from the donor site on the roof of your mouth. Repeated rinsing will only make this worse. Usually a small amount of bleeding can be controlled by applying pressure on the roof of the mouth with a moistened gauze or tea bag. If bleeding persists, call the office or page Dr. Bass. **Do not place gauze on the graft site.**
10. **Do Not** bite or chew with the teeth near the graft site that could cause the graft to come loose. Soft, cold foods are best for the day of surgery (Slim-fast, Boost, Jello, Pudding.). A Soft Diet of *non-chewing foods* for the first 5-7 days is recommended (pudding, Jello, mashed potatoes, macaroni & cheese, scrambled eggs, etc). Avoid hard and crunchy foods (hard breads, pizza, toast, meats, etc.), and carbonated drinks, and alcohol for the first week after the graft.
11. **Do Not Brush the graft site for the first week.** You may brush your remaining teeth the day after surgery being careful to *avoid the graft site*. Limit toothpaste use that may increase your tendency to rinse and spit.
12. Take your pain pills as needed. If antibiotics were prescribed, please finish all your antibiotics unless there is a problem with your medications, and in that case, please call the office.
13. Start your chlorhexidine rinse the day after surgery and use twice per day. **Rinse very gently** because vigorous rinsing could affect the grafted tissue. Rinsing with water afterward will only remove the flavoring agent and leave a bad taste. Do not eat or drink anything for 30 minutes after using the rinse.
14. Please use an anti-inflammatory medication such as Advil, Motrin, Ibuprofen for the next 2-3 days, whether you have pain or not. **Do not exceed 800mg of Advil every 6 hours.** If you can not take an anti-inflammatory, you may use Tylenol. If you received a prescription form of anti-inflammatory, please do not take additional anti-inflammatory medication.
15. If you are uncomfortable or have any questions, please do not hesitate to call the office. If you have an emergency after hours, please call the office number and use our emergency voice mail system.

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