

INSTRUCTIONS FOR GRAFT SURGERY

PRE-OPERATIVE:

- Avoid alcoholic beverages.
- Minimize or avoid smoking.
- Avoid aspirin seven days prior to and after surgery.
- Avoid blood thinning agents three days prior to procedure.
- If you're taking any other medications, take as usual unless otherwise directed.

DAY OF SURGERY:

- If taking a sedative, you must have a driver. Eat a light breakfast or lunch avoiding excessive liquid intake and caffeine.
- Because surgeries can take less or more time than scheduled, please be flexible with your schedule and allow for changes that day.
- If you are running on a tight schedule we do suggest you call 30 minutes before arriving to make sure we are running on time.

POST-OPERATIVE:

- Rest for the remainder of the day keeping your head elevated. If alloderm has been used, avoid using ice for 3-4 hours. Place an ice pack on the outside of your face using fifteen minute intervals as a guideline for up to 72 hours.
- Eat soft, high protein foods the day of surgery.
- Do not pull your lip out and look at the graft. **Do not be concerned if you lose a suture or if the graft appears white in color. This is part of the natural healing process.** On the third day, discomfort may reoccur, tapering off thereafter. If you have a nightguard, wear it as usual.
- If you wear a nightguard please continue to do so

MEDICATION:

- Do not take the prescribed pain reliever while driving or working.
- Use the prescribed rinse as directed. Swish gently (begin 48 hours after surgery).
- If you are given an antibiotic, take as directed **until gone**.
- If you have any reaction to medication, please discontinue and call the office immediately.

BLEEDING:

- Slight bleeding is expected. If you notice excessive bleeding, use a moist gauze or black teabag with pressure for a minimum of five minutes. Lie down keeping your head elevated. Do not rinse your mouth, spit or use a straw the day of surgery.

ORAL HYGIENE:

- Do not brush the graft areas until the sutures are removed

*******ALCOHOL AND SMOKING WILL IMPAIR HEALING*******

SOFT FOOD RECOMMENDATIONS

Instant breakfast or energy drink
Pasta
Scrabbled eggs
Yogurt
Jello or pudding

Soup
Cottage Cheese
Mashed or baked potatoes
Ice cream
Smoothies