

## POST-OPERATIVE INSTRUCTIONS GRAFT SURGERY

### PRE-OPERATIVE:

- Avoid alcoholic beverages.
- Minimize or avoid smoking.
- Avoid aspirin seven days prior to and after surgery.
- If you are taking other medications, take them as usual unless otherwise directed.
- Avoid blood thinning agents such as warfarin, Coumadin, or Plavix three days prior to surgery with your physician's permission and resume per instructions of your physician.

### DAY OF SURGERY:

- If taking a sedative, you **must** have a driver.
- **Eat a good breakfast or lunch before surgical appointment.**
- Surgeries can take less or more time than scheduled, please be flexible with your schedule and allow for changes that day.

### POST-OPERATIVE:

- Place a covered ice pack on the outside of your face using fifteen minute intervals for 48hrs after the surgery.
- Rest for the remainder of the day keeping your head elevated up to 72 hours.
- **Do not** pull your lip out and look at the graft. Do not be concerned if you lose a suture as they are resorbable.
- Most of the discomfort typically occurs on the third day after surgery.
- Swelling and bruising are a normal part of the healing phase. Typically most of the swelling &/or bruising will appear on the third day after surgery.
- Warm moist heat can be used after 48hrs to help eliminate any residual swelling &/or bruising.
- If you have been given a palatal guard, wear it for 48 hours. After this you may take it out, clean it, and wear it as much or as little as you like.
- **Avoid smoking.**
- Avoid strenuous activity for 48 hours.

### BLEEDING:

- Slight bleeding is expected. If you notice excessive bleeding, use a moist gauze or black teabag with pressure for a minimum of fifteen minutes. Keep your head elevated.
- Do not rinse your mouth, spit or use a straw for 24 hours.

### MEDICATION:

- If prescribed, do not take the prescribed pain reliever while driving or working and avoid alcohol.
- Continue to take 600mg Ibuprofen every six hours for the next 3-4 days. This medication can be used in conjunction with your Vicodin (if prescribed).
- If you are given an antibiotic, take as directed **until gone**. Female patients taking oral contraceptives should be aware that antibiotics may reduce the efficiency of these medications.
- If you have any reaction to medication, please discontinue and call the office immediately.

### ORAL HYGIENE:

- Do not disturb the suture with your tongue, toothbrush, or in any other manner since this could impair healing. You may brush all other areas of your mouth and may begin brushing the tooth surface only in the surgical area after 72 hours.
- Use the prescribed rinse as directed. Swish gently (begin 24 hours after surgery) after breakfast and before bedtime.
- Warm salt water rinses (1/4 teaspoon per 8 ounce glass) may be used 24 hours after surgery. Swish gently after meals.

**DIET:** For your comfort and to protect the surgical area, a soft diet is recommended. Avoid chewing in the area of the surgery and have nothing hot for 24 hours. Hard, fibrous or "sharp" foods (such as corn chips) should also be avoided. It is important to maintain a diet with an adequate calorie level that is high in nutrients to support postoperative healing. Remember to drink plenty of non-caffeinated fluids.

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

Please call if you have questions or concerns: (206) 244-1410  
After hours for Dr. Farhat (206) 353-1333