**Tissue Graft Post-operative Instructions**

1. **DO NOT PULL YOUR LIP DOWN OR OUT IN ANY WAY TO LOOK AT THE SURGICAL SITE AND DO NOT STICK ANYTHING (INCLUDING YOUR TONGUE) INTO YOUR CHEEK**
2. Begin taking your antibiotic and Ibuprofen as soon as possible. Take the Ibuprofen for at least 3 days every 6-8 hours (you may need to continue for longer) and the antibiotic until gone.

**For the next 72-96 hours**

1. DO NOT use a straw, no carbonated or alcoholic beverages
2. Try to keep your mouth as still as possible (no speaking, limit smiling, etc.)
3. You may only brush your teeth where permitted, DO NOT brush the surgical site at all. You will be given a medicated mouthwash to care for the area, use this until you return for your follow up appointment
4. Eat only soft foods, a liquid diet is NOT necessary. Suggested foods include but not limited to: eggs, pancakes, pastas (DO NOT slurp/suck noodles)
5. No physical activity, just relax! No bending or lifting of any kind

**For the next 3 weeks**

1. Still DO NOT use a straw
2. Continue to avoid brushing the surgical site and continue to use the prescribed mouthwash as directed
3. Following the first 96 hours, you may begin talking and adding your regular diet back. Please do not chew on the surgical side and use a knife and fork to cut up all of your food
4. Avoid exercising until your follow up appointment, a brisk walk is permitted
5. Avoid sleeping on the side of the surgical site
6. Place lip balms with your finger only
7. Be very cautious when washing your face in the area of the surgical site. For women, be careful of the faces you make when applying makeup. For men, be careful of how you move your mouth and face when shaving
8. If the packing material falls out, it DOES NOT mean your graft has failed and you DO NOT need to have it replaced. Most of the time the packing material is still present when you return for your follow up appointment. Dr Mullins will remove it at that time with any residual sutures