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**TISSUE GRAFTING SURGERY - POST OPERATIVE INSTRUCTIONS**

**\*\*IT IS IMPERATIVE THAT YOU FOLLOW THESE INSTRUCTIONS COMPLETELY\*\***

**We know that you are anxious to see the results of your surgery, but please DO NOT pull your lips or cheeks away to inspect the surgical site. This action could allow for improper healing, tear or pull of the suture or result in failure of procedure. AVOID brushing or flossing this area until told otherwise. Avoid carbonation and alcohol for at least 72 hours! DO NOT DRINK THROUGH A STRAW UNTIL YOU RETURN FOR YOUR FOLLOW UP APPOINTMENT!**

**MEDICATIONS**

If Dr. Mullins has prescribed an antibiotic, continue to take it until gone, even if all symptoms and signs of infection have cleared. It is important to take 800mg of Motrin every 6 hours for at least the next 3 days. If she has prescribed a pain medication, it may be safely added to the Motrin. If an allergic reaction occurs, please discontinue use of medication and contact our office immediately.

**BLEEDING** \*\*Some procedures may require that you **DO NOT** place direct pressure with gauze on the surgical site\*\*  
Some bleeding is normal the first 24 hours after surgery. Applying pressure by biting on wet gauze for 30 minutes should control bleeding. You should replace gauze every 30 minutes as long as bleeding is present. Some seepage may occur, giving your saliva a red or pink color. Do not be alarmed. If gauze is completely saturated after several hours you can place a wet tea bag wrapped in wet gauze to help the blood clot. If bleeding persists, call the office.

**SWELLING**The use of an ice pack 20 minutes on and 20 minutes off as well as the regular use of the Motrin can reduce possible swelling. **DO NOT** place the ice pack directly over the surgical site. Sleep with an extra pillow to slightly elevate your head for the first night. **DO NOT** sleep on the side your graft was completed. **ORAL HYGIENE** **\*\*\*DO NOT brush the surgical site**You may return to your daily dental routine the day after surgery, **staying away from the surgical site** with your toothbrush. Dr. Mullins has given you a bottle of Peridex prescription mouth rinse with disposable, reusable sponges for application. Begin applying this rinse the day after surgery and continue until returning to our office for your post-op visit. **PACKING**In some cases a packing material is placed over the surgical area. The packing protects the surgical area, **DO NOT** remove this material, if some of it falls off do not be alarmed. Dr. Mullins will remove any remaining material at your follow up visit. **DIET**It is extremely important to maintain a regular diet to promote proper healing. It is recommended to have a soft food diet for the first several days. Avoid eating hard foods that require a lot of chewing pressure, tart or spicy foods, nuts, chips or popcorn for at least 6 weeks. Drink plenty of fluids for the first 48 hours after surgery. **DO NOT CHEW IN THE AREA OF THE SURGERY OR DRINK THROUGH A STRAW!  
SMOKING**  
Smoking can be a large risk factor in post-operative inflammation and/or infection. If you are a smoker, please do your best to avoid smoking for 4 – 6 days after your procedure.  
**YOUR DENTIST**  
Your dentist will receive information regarding your appointment today. Please be mindful of the treatment you have just completed when visiting your family dentist. It may be recommended that some dental procedures (for example: a dental cleaning, periodontal probing or restorative treatment) not be performed in this area.

We appreciate the opportunity to be a part of your dental team and hope your treatment was as pleasant as possible. Please don’t hesitate to call with any concerns or questions you may have!  
Dr. Stephanie L. Mullins & Staff  
**Please report any signs or symptoms of COVID-19 within the next 14 days.**  
\*\* If you have any questions during business hours M-TH, 8-5 please text our office phone at **816-927-5390**. If you have a post-operative **emergency** and need to reach Dr. Mullins after hours, she can be contacted directly at **816.719.3200** or stephmullinsdds@gmail.com.   
**Please note**: an after-hours fee may apply to calls that are not an emergencies \*\*