



Soft Tissue Graft – Home Care Instructions

- Be extremely careful around graft site for the first 24-48 hours.
- **DO NOT BRUSH OR FLOSS** grafted site for 2-3 days after surgery. Begin lightly brushing the area after that.
- Use ice packs (bags of frozen peas work well) on surgical area—side of face—for first 4 hours, applying ice 20 minutes on then 20 minutes off
- After 24 hours following surgery, begin using warm salt water rinses following meals. Rinse lightly as to prevent disruption of the surgery site.
- Sutures will come out on their own, or we will remove them at your follow-up appointment
- The area where the graft tissue was taken from will be sore for several days. The packing or stent placed over this area is for your comfort. The packing may come off on its own before your follow-up visit. If you are managing the pain well, it is okay to not replace the packing.
- If you experience any bleeding from the surgical sites, apply firm pressure with **damp** gauze.
- Take any prescriptions that were given to you as they were prescribed.
- Avoid smoking and alcoholic beverages while the graft is healing (at least until your first follow up visit).
- Maintain a soft diet until your next appointment in our office.
- If medically able to, take ibuprofen 600mg every 4 hours as needed for pain. If the surgical site is still sore, take ibuprofen 600mg + 1 Extra Strength Tylenol every 4 hours as needed for pain.
- **Remember your scheduled follow-up visit.**

Please call us at the office if you have any questions or concerns.