

POST-OPERATIVE CARE INSTRUCTIONS
SOFT TISSUE GRAFTING

1. **Do not eat anything for approximately two hours**, or until the numbness is gone. **Soft** and **cool** food is usually appropriate for the first **24** hours.
2. **Avoid vigorous rinsing** for **24** hours.
3. **Do not sip through a straw.**
4. Some discomfort can be expected for the first few days but will gradually subside with healing of the tissue. If you experience any discomfort, take two Tylenol, Advil, etc., or pain medication we have prescribed at **4-6 hour intervals**, or as prescribed.
5. There may be blood present in your saliva for the first day or two following surgery. This is normal. If bleeding does occur, apply firm pressure with a moist gauze or a moist tea bag for **15** minutes. Repeat if necessary.
6. To minimize swelling, place an **ice bag** on the affected side of your face, alternating fifteen minutes on the face, and fifteen minutes off the face. Ice the area for the rest of the day.
7. If possible, at night **elevate your head** by using extra pillows.
8. **Do not participate in excessive exercise** for the first **48** hours following surgery.

**If you have any questions or problems,
please feel free to contact the office at any time.**



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