



**Farrokh Bashiri, D.D.S., Inc.**  
*Practice Limited to Periodontics and Dental Implants*

**Post Operative Instructions (Soft Tissue Grafts)**

**1- Discomfort and Medication:** Like other surgical procedures, this may be associated with degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics (pain killers) have been prescribed, it is best to take the first dose while the surgical site is still anesthetized (numb). All Medications should be taken strictly as prescribed. Please avoid driving for a few hours if you take the pain killers such as Vicodin, Norco, or Tylenol with Codeine (Tylenol No.3 or 4). Avoid operating dangerous equipment as well. Taking narcotics can be very dangerous.

**2- Bleeding:** You may notice slight bleeding from the surgical site. This type of minor bleeding for one or two days is not unusual and is not a major concern. This can be exaggerated if you are on blood thinners such as Aspirin or Coumadin. In case of excessive bleeding, cold water held in the mouth until the water feels warm will help. Avoid spitting, since this will disturb the blood clot and may result in more bleeding. Let the water runoff. This step can be repeated a few times. If bleeding continues, apply firm pressure with a gauze will aid in stopping the bleeding. In rare instances where the gauze does not seem to be helping, a moist caffeinated tea bag can help if it is held firmly onto the bleeding site. If at any time you notice the formation of large blood clots or an obvious flow of blood, notify Dr. Bashiri.

**3- Sutures:** Sutures used on grafts are dissolvable. Sometimes we use that are non-dissolvable. If non-dissolvable sutures are used, we want you to return so that they can be removed once significant healing has occurred.

**4- Diet:** We recommend a soft diet. Avoid hard, spicy, fibrous, or sharp foods (corn, chips) as these may feel uncomfortable. Maintain a diet with a normal calorie level that is high in protein, minerals, and vitamins.

**5- Oral Hygiene: Do not brush the area for 2 weeks.** Completely stay off the grafted area during the first week. Between days 7-14 (week 2), please use a wet q-tip to wipe the teeth in the grafted area. You should continue to brush and floss the teeth that were not involved in the surgery. **Please avoid flossing in the grafted area for 2 weeks.**

**6- Physical Activity:** Avoid strenuous physical activity during your immediate recovery period, usually two or three days. Exercise may cause bleeding since the heart rate goes up.

**7- Smoking:** If you cannot quit completely, you should at least refrain from smoking for the first 24-48 hours.

**8- Swelling:** Some swelling is normal. An ice pack held on the side of the face for intermittent periods (5 minutes on, 5 minutes off) during the first few hours after the surgery may help reduce the swelling. For any residual swelling, heat is encouraged (hot water and heating pad, etc).

**If other questions arise, please do not hesitate to call our office at 510-526-9636.**