



PERIODONTICS & IMPLANT DENTISTRY

2714 W. Azeele, Tampa, Florida 33609. Ph(813)873-2447. Fax(813)873-2338

POST-OPERATIVE INSTRUCTIONS

Tissue Grafting

DO! The following:

- **Please take all medications we prescribed to you exactly as directed on the bottles.** Take all other medicines you routinely take as usual unless specifically told otherwise. Please contact our office to discuss alternative prescription if you are experiencing complications with current script.
- It is highly recommended that you have someone at home to care for you if you decide to take the anti-anxiety medication and/or pain medication. Side effects may occur.
- Swelling may occur. To keep this to a minimum, gently place an ice pack on the outside of the face in the area of the surgery for 20 minutes at a time for the first 48 hours. Also sleep with your head elevated, (ex. a recliner).
- Begin rinsing with the rinse provided to you the day after your surgery; rinsing 3 times a day. Continue rinsing until instructed otherwise. **TILT HEAD SIDE TO SIDE – NO SWISHING-NO SPITTING.**
- Eat as normal diet as possible, stressing soft foods and plenty of liquids for the first week. If a prescribed diet applies (diabetic, low salt, etc.), be sure to follow that diet even if it involves using a blender to break up the food.
- **IF** you used your own tissue from the roof of the mouth as the donor site, you're wearing a stent (clear retainer).
 - a) Wear the stent for a complete first 24 hours after surgery. This minimizes swelling and bleeding on palate.
 - b) After 24 hours, remove it so you can use your mouth rinse and clean the stent. Continue to wear your stent until given clearance by the doctor at a follow up appointment.
 - c) If excessive bleeding occurs from palate while wearing stent, remove the stent and apply pressure to palate with a wet caffeinated tea bag for 10 to 15 minutes. After bleeding subsides continue to wear stent.
- Return to our office for your follow up appointment. Questions to ask the doctor at your follow up:
 - 1.) Clear to brush/floss?
 - 2.) Continue rinsing?
 - 3.) Eating clearance?

**Extra soft tooth brushes only. Electric toothbrushes require specific clearance*

DO NOT! The following:

- **DO NOT** brush or floss the surgical area, or use any other mouth rinse than the one given to you for this surgery.
- **DO NOT** pull on, try to look at, or chew on the side(s) of the mouth which had the surgery.

**You cannot look without pulling your cheek/lips – this will cause stress and movement to the tissues.*
- **DO NOT** apply pressure to cheek or touch with finger, tongue or any other devise (ex. cotton swabs).
- **DO NOT** eat anything hot for the first 24 hours or drink anything scalding hot for the first week.

**Numbness should subside prior to eating to be able to gage temperature. Luke warm beverages only.*
- **DO NOT** eat anything crunchy or sticky until given full clearance on eating restrictions. No mints or gum.
- **DO NOT** engage in strenuous exercise for at least 24 hours.
- **DO NOT** drink alcohol when taking antibiotics and/or pain medication.
- **DO NOT** suck foods (spaghetti) or through a straw for 2 weeks.
- **DO NOT** smoke cigars, E-Cigs, cigarettes, pipe, or medical marijuana use chewing tobacco for at least 6 months.

**Tobacco will jeopardize oral health at any point in time.*
- **DO NOT** use mouth devices such as bite guards, Invisalign, CPAP, snorkel, etc. until clearance received to do so.

Do Not be alarmed if any of the following occurs:

- a. Slight bleeding
- b. Moderate swelling
- c. Bruising
- d. Moderate discomfort
- e. Cold sensitivity

Please call our office at (813)873-2447 if any of the following occurs:

- a. Unexpected (severe) pain
- b. Continued swelling/bleeding
- c. Fever
- d. Heat at the surgical site

After hours, **Emergencies Only** number for Dr. Abdoney:

Cell - (813)477-0156



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LIST OF SUGGESTED FOOD FOR AFTER SURGERY

- Yogurt
- Pudding
- Oatmeal
- Well done Veggies
- Jell-O
- Soup/Broth
- Soft Macaroni and Cheese
- Mashed Potatoes
- Cottage Cheese
- Protein shakes – Not through a straw
- Mashed Fruit
- Scrambled eggs
- Ice Cream
- Well done Pasta
- Avocados
- Well done rice
- Apple Sauce
- Smoothies – Not through a straw
- Orzo
- Fish (Soft and flaky)

☺ **Again... Please remember not to eat any hard, chewy, crunchy or sticky foods.**

Your next appointment in our office for a follow up is scheduled for

_____ at _____
MONTH DAY YEAR TIME

Many times, patients come in for their follow up visit and draw a blank on the questions they wanted to ask the doctor. Write down your questions and any symptoms you need to report so you're ready at your appointment.

1. Brushing/flossing restrictions/clearance?
2. Continue rinsing?
3. Eating restrictions/clearance?
- 4.
- 5.