



Connective Tissue Grafts: Post-operative instructions

Do **not** try and look at the surgical site. Too much pressure or tension can dislodge the graft from an ideal position and affect the end result.

Do **not** brush the surgical site or the area around it. A prescription mouth rinse will be provided to help keep the area clean.

For the first week, wear the palatal stent at **all times**, even while eating. You can rinse it off after meals, or if needed, brush any debris off with a soft brush.

During routine brushing and flossing, remove the stent. Just remember to avoid the surgical sites. You can re-insert the stent afterwards.

Avoid hot or spicy food for the first few days as they can cause discomfort. Also avoid food with seeds or sticky food such as popcorn and grainy breads as they can get trapped in the sutures and further irritate the area.

Do take anti-inflammatory such as Ibuprofen (Advil, Motrin) for discomfort. If you have allergies to Ibuprofen or have gastro-intestinal disorders, an alternative prescription can be provided.

We will see you in one week to evaluate the areas and determine if any sutures need to be removed. Another follow-up appointment will be scheduled at that time.

If you have any significant swelling, further questions or concerns, please call our office @ 255-3202. Alternatively you can reach Dr. Cichon @ 264-7922 or 827-7839.

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difference
care makes”