WAYZATA
PERIODONTICS & IMPLANTS

Post-Operative Instructions After Soft Tissue Grafting

BLEEDING

You may notice slight oozing for 24–48 hours after surgery. Occasional minor bleeding may occur during the first week of healing.If you experience heavier bleeding, gently locate the source and apply firm, steady pressure with clean gauze for at least 20 minutes without interruption. If bleeding does not stop, please contact our office.

PAIN

Most patients experience soreness at the palate (donor site) or graft site for 7–10 days. Discomfort typically peaks around 3–4 days after surgery.Swelling control significantly reduces pain. An anti-inflammatory medication such as **ibuprofen** may be taken every 4–6 hours as needed, up to a maximum of **3200 mg per day**, unless otherwise directed by your doctor.

SWELLING

Mild to moderate swelling is normal.To minimize swelling, apply an ice pack to the outside of your face over the treated area immediately after surgery. Use the ice pack for **20 minutes on, 20 minutes off**, for several hours on the day of surgery.

NUTRITION

Proper nutrition is important for healing.

- Eat soft foods that require minimal chewing.
- Avoid hard, crunchy, hot, or spicy foods. No chips, peanuts, popcorn or any food with hard consistency.
- If consuming smoothies or milkshakes, use a spoon — **do not use a straw**, as suction can disturb the sutures.
- Chew on the untreated side of your mouth when possible.
- Drink plenty of fluids.

ORAL HYGIENE

Maintain excellent oral hygiene in all untreated areas of your mouth.

- Brush and floss as usual, **avoiding the surgical sites** during the first week.
- Do not brush or disturb the graft or palatal donor area.
- If a specific rinse has been prescribed, use it as directed after brushing.

Keeping your mouth clean will promote better healing.

ACTIVITY

Avoid strenuous physical activity for the first 48 hours.

- Keep your head elevated when resting.
- Avoid bending over with your head below your waist.
- Get plenty of rest and sleep.
- Plan to take it easy for several days after surgery.