

**Post-Operative Instructions Regarding Soft Tissue Surgeries  
(i.e. Biopsies and Tissue Grafts)  
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Now that your surgery has been completed, follow these instructions to make yourself more comfortable, promote healing, and prevent any possible complications.

Read all items carefully!

**Day of Surgery:**

**Anesthesia:**

Most patients that require biopsy (soft tissue type) complete this treatment utilizing local anesthesia (Novocaine). Those patients that are having a more extensive soft tissue procedure may prefer the use of intravenous sedation. This makes that patient more relaxed and unaware of the treatment. There maybe a 3-4 hour time period for all of these sedative drugs to wear-off!

Even with the sedative technique, local anesthetics are used for your comfort after the treatment! The injections are given after you are sedated...don't worry, you will not remember them! The affect wears off within 3-12 hours.

**Medications:**

We will prescribe 2-3 medications to be taken after surgery. These medications maybe from any of the following categories:

1. Antibiotic – to decrease the chance of any post-operative infection.
2. Anti swelling – as the name implies - this decreases the post-operative swelling of the surgery (this is not always prescribed... especially in less involved soft tissue surgery).
3. Analgesics – this is for post-operative pain relief.
4. Mouth rinse – this improves healing and decreases wound infections.

Please take all medications as prescribed! If you notice any skin rashes or if you have any persistent nausea and/or vomiting, please contact our office... the medication(s) may need to be changed if this occurs.

If the patient becomes nauseated: Sip room temperature bicarbonated soda or ginger ale and check the position of the gauze to ensure blood is being absorbed. If nausea persists, (1-2) hours later), then call the office with a pharmacy number so a medication for nausea can be called in!

If stitches are used, they may be dissolvable or non-dissolvable. Dissolvable stitches may be gone by your follow-up appointment (7days later). The non-

dissolvable stitches are removed at the follow-up visit or on the 14<sup>th</sup> day after surgery...this will be explained to you immediately after the surgery.

To help stop any post-operative bleeding, gauze packs will be utilized. It is recommended that this gauze be moistened and placed over the surgical site. The gauze should be replaced every 15-20 minutes for the first 2-3 hours. Discontinue the use of the gauze when the bleeding has stopped.

If a periodontal dressing comes loose or breaks, you may remove it. The periodontal dressing is the packing applied to the surgical site for protection following surgery...(It looks like bubble gum). If the packing stays in place, it will be removed after 7 days of healing by a staff member.

**Oral Hygiene** – this should be kept-up as usual. The only exception involves the immediate area around the surgical site. In this area, use a Q-tip and peroxide to clean the adjacent teeth. This is done in a gentle “paint-brushing” fashion, twice a day, for the first 10-14 days.

**Diet** – Continue a normal diet. It is recommended you avoid spicy foods and citric acid products for 24 hours (items such as orange juice, lemonade, grapefruit juice, and tomato juice). These products will sting the surgical site.

**Swelling** – to help minimize swelling, use an ice pack on the outside of the face (adjacent to the surgical site/sites). The ice pack should be used 15-20 minutes and then remove for an equal amount of time (or alternate to the other side...if both sides were treated). Continue this procedure for 24 hours. Warm moist heat is recommended following the day of surgery. Elevate your head with an extra pillow when you sleep the first day.

The day after surgery, begin warm salt-water rinses 4-6 times per day. This rinse is made by mixing 1 teaspoon of salt with 8-ounces of lukewarm water. Rinse your mouth gently and expectorate. Continue this process for the next 7 days. No water-piks!

You can expect some swelling over the first 1-2 days following the treatment. This will gradually disappear over the next 7-14 days.

**If you have questions or concerns, please do not hesitate to contact the office!**