



INSTRUCTIONS FOR SOFT TISSUE SURGERY

Soft tissue augmentation and grafting procedures are the most delicate oral surgical procedures. Grafts CANNOT be disturbed while healing, as they need to be immobilized to get blood, oxygen and nutrients. Moving the lips, whether by pulling them away with the fingers or by exaggerated facial expressions, will result in graft failure. It is very important to leave the graft alone, undisturbed. It does not matter if you only do it once; all it takes is once for the thin blood vessels to get severed or the sutures to get loose. WE CANNOT EMPHASIZE THIS ENOUGH.

These instructions are designed for your comfort and protection.

1. Be present 15 minutes before your scheduled surgery time.
2. Take any prescribed medications as indicated by your physician.
3. If **no** sedation is being administered, you will be **okay** to drive yourself home. You are welcome to have a friend or family member drive you to your appointment.
4. Use a cold pack on your face next to the surgical area to help keep the swelling down. Wet washcloths frozen in a Ziploc bag are adequate. Keep the cold packs on for 10 minutes, and off for 10 minutes. Repeat this sequence for a few hours. Cold packs are only beneficial for the first 24-48 hours after your procedure, after that warm pads are preferred starting day three.
5. You may experience some discomfort in the area of the surgery. Please take any prescribed medications by your doctor as indicated. If you were given an antibiotic, steroids or nasal decongestant, please take the entire prescription until it is gone. If you develop a reaction to the antibiotic, please contact us immediately.
6. **Do not attempt to brush or floss the area of the surgery for two weeks. It is okay to brush and floss other areas of the mouth, including your tongue, but avoid the surgical area.** It is necessary to rinse two to three times throughout the day with warm salt water (starting the following day). Avoid over the counter mouth rinse. Only use warm salt water, or any prescription mouth rinse we may prescribe. A ratio of half a teaspoon in half a cup of warm water is adequate.
7. Refrain from tobacco use and alcohol consumption for the first week as both interfere with healing and can cause post-operative problems.
8. Please limit your physical activity following surgery. Do not do anything strenuous for the first two to three days post-operative. You can begin to exercise lightly after the third day. Try to take it easy and get plenty of rest on these days.
9. If you have sutures in place and you feel that one is loose, do not attempt to remove these on your own. If the suture is too long and bothersome, you can clip the loose end without attempting to pull the suture out as this may cause loss of wound approximation or loss of graft. Do not attempt to remove the sutures!



10. It is common to have some slight oozing of blood mixed in your saliva for 24-48 hours following surgery. Wet gauze or damp tea bags held with pressure on the surgical site for 15 minutes uninterrupted will usually control any bleeding. If you do see excessive bleeding or heavier amounts of bright red blood, please call our office or text your doctor.

11. Drink plenty of cool fluids the first few days, such as water or fruit juice. Avoid sucking through a straw for the first 24-48 hours.

12. Try to eat softer foods for the first two weeks and try to eat away from the surgical site. Avoid spicy foods, and tough foods that require a lot of chewing. If you feel that you are not getting enough nutrients, it is helpful to supplement your diet with a nutritional drink such as Ensure. As a rule of thumb, anything you can cut with a fork is considered soft. Do not eat crunchy foods including chips, nuts, romaine lettuce, popcorn, fried foods, pretzels & apples. Pasta, grilled fish and shredded chicken are good and offer good nutritional value.

13. If you feel like anything is out of the ordinary or have any questions, please call our office or your doctor on their cellphone after hours. We are here to help.

If you have difficulty breathing call 911 immediately!

Dr. Sweidan's cell phone number is (985) 273-9737.

Dr. Maryam's cell phone number is (985) 789-3181.