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Postoperative Instructions Following Placement of Grafts and/or Implants

1. Soft diet for next week
2. Rinse twice daily with Peridex (for one week).
3. After one week you may use a soft toothbrush for *gentle* brushing over the surgical site(s).
4. Complete any prescribed antibiotics as directed.
5. To minimize swelling, apply ice packs to the skin over the area of surgery (thirty minutes on, thirty minutes off for next 24 hours)
 - Do not leave ice packs in contact with skin for more than thirty (30) minutes at a time.
 - You do not need to use ice every thirty minutes through the night.
6. Elevate your head on 2-3 pillows while lying down to help minimize swelling.
7. Avoid pressure to surgical sites.
8. Do not stretch lips or cheeks (during first week) to “look” at the surgical sites as you may disrupt the stitches.
9. Keep your appointment for follow-up examination as directed.
10. Call with any concerns (e.g.; unusual or protracted pain or swelling).