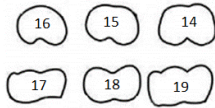




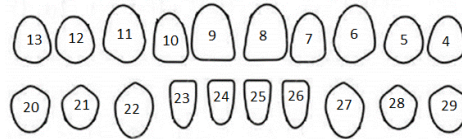
Post-op Instructions for Tissue Grafting and/or Bone Grafting

Your graft site(s): This is the area where tissue and/or bone grafting was performed.

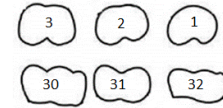
Your Upper Left



Upper Front



Your Upper Right



Your Lower Left

Lower Front

Your Lower Right

- *Ice or cold packs: place on the upper/lower anterior outside of your lip over the areas of treatment at 15 minute intervals to minimize swelling.*
- **Diet for the next 2 weeks: you should only have LIQUIDS AND SOFT FOODS during the next two weeks.**

1. **Starting the DAY OF SURGERY** and until your 2 week post op appointment:

- **No smoking** – smoking is significantly associated with poor healing
- **No brushing** – do not brush your teeth in the graft or donor site(s)
- **No flossing** – do not floss in the graft or donor site(s)
- **Do not pull out your lip to look** - this could disrupt the graft and delay healing
- **No touching** – do not touch with your finger(s) or any other device(s) or object(s)
- **Do not explore area with your tongue** – this pulls out the lip and will disrupt the graft
- **No chewing or biting into food in this area** – do not bite into a soft sandwich if your grafting is in the front; cut food into small bites; chew food in the non-surgical area
- **Do not eat crunchy or sticky food**
- **Do not drink through a straw**
- **Rinse very gently** - no vigorous rinsing with lips tightly together (No “chipmunk cheeks”)

2. **Where to Chew (circle one):** RIGHT SIDE | FRONT TEETH | LEFT SIDE | NO CHEWING

3. **NIGHT GUARD / INVISALIGN (applies only if you wear):** WEAR / DO NOT wear until follow-up