

Immediate Post-Operative Care of Connective Tissue Graft

For the patients of Dr. Robert Alvarenga

- Keep your head elevated about your heart for the first 24 hours. Use an extra pillow when lying down.
- Avoid strenuous (aerobic) activity for at least 5-7 days.
- Avoid alcohol for today and reduce smoking for 10 days following surgery. Alcohol can increase bleeding and smoking prevents healing.
- Take pain medication and antibiotics as prescribed. The pain may peak on the 5-7 day after surgery.
- Liquid diet for today and soft foods starting tomorrow for 10 days. Soft foods include well cooked pasta, soft cereal, yogurt, soft bread, soup etc.
- Do not brush, floss or rinse today. Tomorrow you can brush/floss everywhere else in your mouth avoiding the donor and recipient sites. Do not brush/floss those areas for 10 days.
- Start rinsing tomorrow twice a day with Peridex. Continue this until instructed otherwise.
- Do not push/pull on lip or cheek. Tiny blood vessels are forming so that the graft becomes part of your body again. However, do not be alarmed if the graft changes color (white, blue, etc.) during the first week. This is normal healing process.
- All of the sutures are dissolving and will come out on their own. Some may come out faster than others.

Do not hesitate to call if you have any questions or concerns.

Office 603-643-5730

Cell 603-381-2402

Home 603-643-0192

Email Robert.A.Alvarenga@dartmouth.edu