

Immediate Post-Operative Care of Epithelialized Palatal Graft

For the patients of Dr. Robert Alvarenga

- Keep your head elevated above your heart for the next 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 the surgery. Alcohol can increase bleeding and smoking prevents healing.
- Take pain medication as prescribed and any antibiotic if it was prescribed to you. Pain may peak of the fifth day to seventh day after surgery.
- Liquid diet today and starting tomorrow soft foods for the next 10 days. Soft foods include well cooked pasta, soft cereal, yogurt, soft bread, soup etc.
- A palatal protector has been made for you to wear, use it for at least 4 days. You can take it out to clean it and can wear while you eat. Leave in overnight tonight and in the morning remove palatal protector. There will be a piece of tissue like substance. It is not tissue, remove and discard and wash palatal protector. Brush and floss your teeth avoiding the surgical areas then rinse with Peridex and put palatal protector back in.
- Do not brush or floss either donor or recipient sites for 10 days. Starting tomorrow brush everywhere else.
- Rinse with Peridex twice a day with palatal protector out after 24 hours.
- 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 sutures are dissolving and will come out on their own some quicker than others.

Please call if you have any questions or concerns

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