

Post-Op Instructions: Soft Tissue Grafting

1st week (Day 1 - 7) after surgery:

- Rinse **very gently** with prescription Peridex / Perioguard / Chlorhexidine 0.12% rinse twice a day. **Avoid rinsing too vigorously. Avoid stretching of lips/cheeks**, to prevent loosening of stitches.
- For the surgically treated areas: You may **VERY CAREFULLY** only brush the **chewing/biting** surfaces lightly, **WITHOUT** disturbing the gum tissue. **Be sure to look in the mirror while doing this to avoid any disturbance of the surgical site. DON'T brush the sides of the teeth, to prevent disturbing the gums. No flossing** the surgically treated areas!
- **Avoid stretching or pulling on your cheeks. Avoid trying to look at the surgical site.**
- Normally brush (2x/day) and floss (1x/day) all **other** areas of the mouth that were **NOT** treated.
- **NOTE:** Some bruising on your face is normal and is temporary during the healing process.

2nd week (Day 8 - 14) after surgery:

- Continue rinsing with the prescription mouthrinse (Peridex / Perioguard / Chlorhexidine 0.12%) twice a day.
- For the surgically treated areas: Gently use a q-tip (cotton-tip applicator) dipped in a little bit of the prescription mouthrinse to gently swab and clean the teeth surfaces. **Don't disturb the gum tissue!**
- **Still no flossing the surgically treated areas!**
- Continue to brush (2x/day) and floss (1x/day) all **other** areas of the mouth that were **NOT** treated surgically.

3rd week until 2 months after surgery:

- Stop using the prescription mouthrinse.
- **START** very gentle flossing of the surgically treated areas.
- **START** using the **"Roll Technique"** with an extra-soft toothbrush, aka Nimbus toothbrush (we will provide one and instruct you how to use it) on the surgically treated areas.
- Continue to brush (2x/day) and floss (1x/day) all **other** areas of the mouth that were not treated surgically.

2 months and onward, after surgery:

- Brush (2x/day) and floss (1x/day) all areas of your mouth gently (preferably with an extra soft toothbrush).