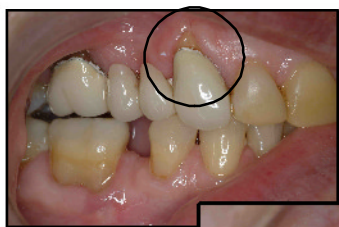


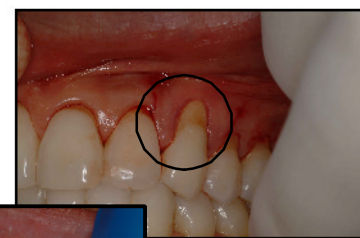
"At FSC, you're treated like family!"



Before



After



Before



After

Post-op Instructions Following Connective Tissue Gum Graft Surgery (CT Graft):

* Before your CT Graft procedure

you were given an anesthetic to ensure your comfort. This anesthetic typically leaves your lips, teeth and tongue feeling numb after the appointment. For this reason, you should avoid any chewing for two hours following surgery, or until the numbness has worn off completely.

* **It is normal to experience** some discomfort for a few days following the surgery.

* **Take your antibiotic** as prescribed until it is all gone. Take Ibuprofen three times a day for the first three days to prevent pain & swelling.

* **Some "watery" bleeding** is normal for 2-3 days from the roof of the mouth and graft site.

* **In rare occasions**, some patients may notice bruising on the side of face where the graft was worked on due to the trauma in the area.

* **Do not rinse your mouth for 24 hours after the surgery.** After 24 hours, you can rinse gently with Listerine or salt water 2-3 times a day for up to 2 weeks. You can also gently dab a Q-tip soaked in either solution on the graft site.

* **Brush twice a day** with a soft toothbrush or a Rotadent powerbrush, but avoid brushing the graft site area. You might find it difficult to floss using your fingers. Use the *Reach Access Flosser* (provided) daily on all teeth except the graft area. You can resume normal brushing and flossing after two weeks.

* **Wear the mouth stent 24 hours** a day for the first week and limit your diet to soft foods. Remove the stent very carefully only to clean it after eating and when you are brushing your teeth. To keep the stent fresh looking clean it with a toothbrush and toothpaste each time after brushing

your teeth.

* **As the roof of the mouth heals** and forms the scab you can begin to leave it out after a week. Be careful when you're drinking hot liquids, so as not to dissolve the clot or pull the scab off! You can continue to wear the stent when you are eating.

* **Do not pull the lip** out to inspect the graft site or touch the graft site as doing so may pull the sutures out.

* **Relax as much as possible** and avoid all strenuous activities for the first 48 hours following the surgery.

*** DO NOT SMOKE FOR ONE WEEK.**

* **Be sure to keep your follow-up** appointment 10-14 days after the surgery.

Please call our office if you have any questions.