



**Brentwood Mall
205a-4567 Lougheed Hwy
Burnaby, B.C.
V5C 3Z6
604-299-2727**

Instructions Following Post Graft Treatment

- Apply ice externally to the area. (10 minutes on and 10 minutes off)
- Do not eat hot or spicy foods and avoid citrus foods for 48 hours post graft
- Avoid brushing, flossing in the graft area for 1 week
- Using a soft toothbrush, you may resume brushing of other teeth only after 24 hours. Be careful not to entangle the bristles in the sutures or the graft
- Do not brush the graft area for at least 3 weeks
- Take antibiotics or other medication that has been prescribed until complete
- After 12 hours, hold the antibacterial mouth rinse for 1 minute after each meal
- Do not displace the graft. Avoid pulling lip or exploring the site with your tongue
- Avoid smoking or drinking alcohol
- We will re-evaluate your healing in one week after the procedure.
- Contact the office in case of fever, persistent pain or swelling OR call **Shamim** (604) 419-0392