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### Instructions Following Soft Tissue Graft

#### DIET:

- The first 24 hours after surgery you may have cold liquids only (iced teas, carbonated beverages, fruit juice, lemonade, water). The cold liquids will allow proper clotting to take place and reduce some amount of discomfort. Do not use a straw; allow the cold liquids to pass over the surgical area. Drink plenty of water, at least 8 ounces for every pain pill.
- After the first 24 hours you may have cold creamy foods such as yogurt and warm, not hot, *clear or creamy soups; nothing with chunk or pieces.*
- Beginning on the third day after surgery you may have very soft, warm, not hot, foods such as scrambled eggs, yogurt, potato soup, macaroni and cheese, etc. No firm texture and crunchy foods.
- On the fourth day and through the first 2 weeks you can have warm soft foods with more texture such as soft, ground chicken, ground beef, soft fish, well cooked vegetables, etc. No firm texture and crunchy foods.
- Do not eat popcorn, nuts, chips, foods with seeds or berries or any food that are stiff and crunchy such as potato chips, tortilla chips, etc.
- It should not be painful to eat and the graft site should not be disturbed by the foods consumes.

Dr. Lingo will advise when it is safe to resume a regular diet; usually about 2 week after surgery.

#### PRESCRIPTION MEDICATION:

- Medication for discomfort should be taken before the local anesthetic wears off and continued throughout the first day and following days only as needed. Prescription medication should be taken with food. *If an antibiotic or Medrol Dose Pack was prescribed, take until medication is gone. However, if you were given oral sedation medication for the procedure, do not start taking any prescription pain relievers until 6 hours after you leave our office. Patients who received oral sedation medication should take the Advil-Tylenol combination as described below the first 6 hours after surgery.*

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#### **OTC EFFECTIVE PAIN MEDICATION:**

- A very effective way to relieve pain is to combine over the counter Ibuprofen (Advil) and over the counter extra strength Tylenol. Ibuprofen is an anti-inflammatory and Tylenol is a pain reliever. **Take 2 Advil AND 1 Extra Strength Tylenol at the same time every 4-6 hours.** Never exceed the recommended maximum daily dosage. Also, be aware that some people are allergic to Aspirin, Tylenol (Acetaminophen) or Advil (Ibuprofen). If you do get a reaction to any drug, discontinue immediately and seek emergency medical help.

#### **BLEEDING AFTER SURGERY:**

- A cold pack 15 minutes on then 15 minutes off will help to reduce the slight oozing of blood normally seen.

#### **CLEANING THE SURGICAL AREA:**

- Leave the area alone. Do not pull lip out to look. Do not brush the area for the first 4 days. On the 5<sup>th</sup> day you may brush around the graft area gently but thoroughly. **DO NOT USE WATERPIK IN THE SURGICAL AREA.**

#### **BRUISING:**

- Mild bruising may develop around the graft site, especially if the surgery was in the upper jaw.

#### **STITCHES:**

- If resorbable stitches were used they may begin to dissolve and come out in several days. Any stitches remaining will be removed at your 2 week post-op appointment.