

*Dr. Jan E. Angier*

*Periodontal Care and Dental Implant*

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**TISSUE GRAFT DO'S AND DONT'S:**

1. **DON'T** brush or floss the graft site until Dr. Angier gives you permission.
2. **DON'T** eat anything other than soft foods until Dr. Angier gives you permission.
3. **DON'T** drink from a straw for one week.
4. **DON'T** pull your lip out to look at the surgical graft site. Doing so could damage the graft.
5. **DON'T** involve yourself in any activity which would include your mouth, IE: kissing!
6. **DON'T** consume any hot foods until the day after your surgery. Hot foods will cause bleeding from the graft site.
7. **DON'T** drink any carbonated beverages for 48 hours. Carbonation tends to cause bleeding from the graft site. If you feel you must have soda, open the can or bottle and allow it to sit in the refrigerator for several hours, (until the fizz dissipates)
8. **DO** call Dr. Angier if you have any questions or concerns. After hours you will call our regular office number and press "1" when you hear the prompt on our voice mail. This will page the doctor. 972-462-9800
9. **DO** continue taking the Advil, Aleve, or Ibuprofen on a regular basis for 7 days. This is not necessarily to help with pain. It will help prevent any swelling you may have.
10. **DO** continue the Periogard rinse until Dr. Angier asks you to discontinue.

**EXAMPLES OF SOFT FOODS**

*(Anything you can swallow while barely having to chew) :*

Day One: Yogurt, Pudding, Applesauce, Ice Cream, Milkshakes, Ensure, Boost, Slimfast

Day Two: All of the above plus, Creamy soups, Eggs, very soft, mashed Pasta

Days Three-Seven: All of the above plus, Canned Chicken or Tuna mixed with mayonnaise

***IMPORTANT-Keep up your PROTEIN! It will help you heal faster!***