

We recommend avoiding strenuous exercise or heavy lifting for 72 hours.

1. Use ice in a towel or ice pack on the outside of your face to minimize swelling. Use for 5-10 minutes on, then 5-10 minutes off, for as much as possible the first 24 hours.
2. After 24 hours moist heat may be used if desired to help speed up the decrease in swelling. A hot moist towel or hot water bottle works well. If swelling persists or is increasing call the office. *Light bleeding or oozing is normal during the first 1-2 days.*
3. First 24 hours – your first three meals should consist of cold liquids alone. Dietary supplements such as Instant Breakfast or Ensure work well. AVOID drinking through, or using, a straw.
4. After 24 hours, eat regularly and whatever you can tolerate. Soft foods like cooked vegetables, fish, pasta and meatloaf work well. **Avoid** chewing on the side of the surgery for 4 weeks.
5. NO brushing of the site until we give the go-ahead. This could take 4 - 8 weeks. **(This is for CTG – for FGG it is OK to start light brushing 7-10 days as a rule)**
6. Instead of brushing, use the Chlorhexidine mouthrinse twice daily for the 4 – 8 weeks. Use only half the amount instructed on the bottle for rinsing. After the first 2 weeks you may DAB it on the site instead of rinsing to reduce staining of teeth. Staining is common. Do NOT use a Water Pik for at least 4 weeks after surgery.
7. If you have been given a covering for your palate, leave it in for the first 24 hours then you can remove it for cleaning. The wound dressing will fall out then, as a rule. We suggest using it full time for the first week, including eating. After that it is up to you. We suggest using it during eating and sleeping for at least the next two weeks or until you feel the palate is fully comfortable. **(Usually no covering for CTG)**
8. DO NOT SMOKE FOR 3 WEEKS AFTER SURGERY. Smoking slows healing and affects the results of treatment.

If you have any problems or questions, please call our office anytime.

JSK/Office