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**HOME CARE FOLLOWING FRENECTOMY OR SOFT TISSUE GRAFTS**

Some "oozing" of blood, swelling, and discomfort is to be expected.

It is usually best to take 600-800mg Ibuprofen before the numbness wears off.

Cool liquid diet today (milkshakes, etc.), normal diet tomorrow, but avoid foods that require biting or chewing with the teeth in the area of the graft.

Do not brush or floss the teeth in the area where the surgery has been performed.

Use PERIOGARD to bathe the surgical areas every 12 hours.

If the graft has been taken from the palate and there is persistent "oozing" from this area, apply a moist tea bag for 10 to 15 minutes with light pressure.

Soft tissue grafts taken from the palate NORMALLY change colors during the first 10 to 14 days. Usually from normal light pink to white, then to red, and then back to the normal light pink.

***IF YOU HAVE ANY QUESTIONS PLEASE DO NOT HESITATE TO CONTACT US***

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