

# Post Ridge Augmentation Instructions

- Slight bleeding or blood tinged saliva is normal for up to 48 hours. If you notice a **“flow” of blood coming from the graft or roof of the mouth site, place a moistened tea bag, gauze or similar on the site with firm pressure for at least 20 minutes.** If it persists, call the office at 360-357-9880.
- Do not exercise and decrease activity for the first 3-4 days after surgery.
- Take all medications as prescribed. If you were prescribed an **antibiotic, take it until finished.** Taking probiotics or consuming 2-3 yogurts a day is recommended to keep your digestive system healthy during antibiotic usage. Antibiotics can interact with some medications, be sure to consult your pharmacist.
- **Leave the area alone for 14 days.** Do not attempt to clean or remove material from the area. Do not pull lips away to look at the grafted area. You may brush and floss all of your teeth as normal with the exception of the surgical site unless otherwise directed.
- No vigorous rinsing or spitting or using of a straw for 2-3 days.
- Keep up a good diet with plenty of liquids. Avoid hard foods like chips, nuts, and popcorn and try to chew food on the non-treated side. For the night of surgery and the day after eat cold to lukewarm foods and avoid hot foods which could increase swelling. Ice-cream, smoothies, milkshakes or sipping on ice water can help to minimize swelling.
- A cold pack applied to the cheek on and off every 10 minutes the first 24-36 hours after surgery can help to reduce swelling. Do not ice after 36 hours. Mild to moderate facial swelling is very common with this procedure.
- Some mild to moderate bruising is common in some individuals after surgery. Decrease your physical activity for 2-3 days.
- Sutures are **NOT** dissolvable, unless otherwise stated. They will be removed at your next appointment.
- Use the rinse as prescribed 2 times daily for 14 days. If staining occurs it can easily be polished off at our office.
- For pain and swelling, take 3 tablets of Ibuprofen 200 mg every 6 hours or 4 tablets every 8 hours. If needed, take one Vicodin **OR** 1-2 tablets of full strength Tylenol **BETWEEN** regular Ibuprofen doses. It is essential to stay on a strict Ibuprofen schedule for **at LEAST 3 days** after surgery. This is both for your comfort and to prevent inflammation and swelling.
  - Next Ibuprofen @ \_\_\_\_\_