



## SMART Graft Post-Op Instructions

- Bruising or swelling is possible.
- Apply cold for the first 48 hours. Heat after.
- Avoid strenuous physical activity for 48 hours.
- Keep head up. Do not lean over rest of the body.
- Sleep sitting up and /or using neck pillow.
- Avoid toothbrushing the area.
- Do not pull your lips or cheeks.
- Do not touch area.
- Chew on the opposite side.

