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Post-Operative Instructions for Gum Graft

1. DO NOT SPIT OR RINSE VIGOROUSLY THE WEEK FOLLOWING SURGERY OR DRINK THROUGH A STRAW. AFTER 48 HOURS RINSE GENTLY WITH WARM SALT WATER 2X A DAY FOR 30 SECONDS.
2. DO NOT CHEW ON THE SIDE OF THE MOUTH THAT WAS JUST TREATED.
3. DO NOT BRUSH OR FLOSS IN THE GRAFT AREA OR THE ROOF OF THE MOUTH FOR 3 WEEKS
4. DO NOT PULL ON YOUR LIP TO LOOK AT THE SURGICAL SITE OR HAVE SOMEONE ELSE LOOK AT THE SURGICAL AREA. THIS WILL NEGATIVELY AFFECT THE HEALING.
5. AVOID EXTREMELY HOT FOODS OR BEVERAGES, COLD FOODS SUCH AS ICE CREAM OR SHAKES ARE OKAY AS LONG AS YOU USE A SPOON, OR SIP THE BEVERAGE WITHOUT A STRAW. NO CRUNCHY, HARD FOODS FOR THE FIRST WEEK AFTER SURGERY. (Such as pizza crust, chips, pretzels.) Softer foods, like chicken, pasta and fish are fine.
6. NO EXERCISE OR EXCESSIVE EXERTION OF ANY TYPE FOR 48 HOURS AFTER SURGERY.
7. * IF YOU ARE INSTRUCTED TO WEAR A CLEAR APPLIANCE THAT COVERS THE ROOF OF THE MOUTH, PLEASE WEAR IT FOR 24 HOURS. AFTER 24 HOURS YOU CAN WEAR IT AS MUCH OR AS LITTLE AS YOU WOULD LIKE, IT IS STRICTLY FOR YOUR COMFORT.
8. A dressing/bandage may cover the treated area, usually on the graft site and occasionally on the roof of the mouth. If the dressing comes off, you do not need to call the office unless you are uncomfortable. **DO NOT TRY TO REMOVE THE BANDAGE YOURSELF AS THIS COULD AFFECT THE SUCCESS OF THE PROCEDURE.**
9. In some cases, mild swelling may occur. Swelling is usually not indicative of infection. The greatest amount of swelling may occur **3 to 5 days after the surgery**. This may be kept to a minimum by holding ice on the outside of the face for the first 24 hours after surgery, **20 minutes on 10 minutes off**.
10. You can alternate between 600mg of Ibuprofen (Advil / Motrin) and 500mg of Tylenol as your primary pain medications. Please see pain control handout provided for further instructions. Continue taking medication only if necessary, to prevent discomfort. (For those patients that have been advised not to use Ibuprofen products please use Tylenol only.)
11. If antibiotics are necessary, you will be given a prescription. Please **finish** all the antibiotics as prescribed.
12. NO SMOKING FOR ONE WEEK AFTER SURGERY.
13. **BLEEDING**: Occasional blood stains in the saliva is to be expected. If bleeding continues – TAKE A COLD WET TEA BAG OR A MOIST GAUZE AND APPLY PRESSURE OVER THE AREA FOR 30 MINUTES. IF BLEEDING CONTINUES – CONTACT DR. GEORGEU.

If you have any questions at all please do not hesitate to call us!