

Post-Operative Instructions Following Gingival Grafting Procedure

- 1. Rest:** Relax the rest of the day. If you lie down, keep your head slightly elevated.
- 2. Bleeding:** A little blood in the saliva the first 24 hours is normal. Any excessive bleeding usually comes from the roof of the mouth. If this occurs, apply pressure in the area where the graft tissue was taken (either on top of the plastic stent or remove the stent and apply pressure directly on the roof of the mouth with a damp piece of gauze).
- 3. Swelling:** Expect some swelling to occur. It usually peaks on the fourth day and then gradually disappears. During the first 24 hours, gently apply ice on the outside of the face in the area of the graft, this can greatly reduce the amount of swelling.
- 4. Pain and Medication:** A certain amount of discomfort must be expected. Medication for pain will be prescribed for your comfort. Remember pain is controlled if you stay ahead of it. Taking your pain medication before the anesthetic wears off is helpful and taking the medication as prescribed is very important. **Stagger the prescribed pain medication with 600mg Ibuprofen (Motrin or Advil). You will take both medications as directed-every 6 hours, but stagger them so they overlap. Example: If you take the prescription pain medication at 6:00, take Ibuprofen at 9:0, then prescription pain at 12:00 and so forth. If you choose not to take the prescription pain medication you can stagger Ibuprofen with Extra Strength Tylenol.** If you are prescribed an antibiotic, make sure that the instructions are followed and **ALL** of the antibiotics are taken.
- 5. Diet:** Eating should be avoided for at least an hour following surgery. Drink plenty of fluids and maintain an adequate diet, rich in protein. For the first two days eat soft foods that require no chewing. Creamy soups, cooked cereals, mashed potatoes, scrambled eggs etc. are good examples. After 48 hours, foods that require only light chewing are recommended (pastas, eggs, fish, etc.) Remain on the soft food diet until your post-operative checkup. Extremely hot or spicy foods may cause discomfort and should be avoided. **Avoid anything crunchy, sticky or chewy (popcorn, nuts, granola or any food with seeds)**
- 6. Mouth Care:** Do not brush or floss teeth in the grafted area until given OK at your post op visit. All other teeth in your mouth should be cared for in your usual manner. After 24 hours, begin gently rinsing with Periomed mouthwash as directed.
- 7. Stent:** If you are given a stent wear it for the first 24 hours. You can remove it to rinse if needed then place it back in. It will act as a bandage for your palate. After 24 hours take it out at night, then wear as needed for comfort during the day.

The graft is very fragile. Do NOT pull your lip to look at the graft or show it to anyone else

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