



Gingival Graft Post – Operative Care Instructions

Healing begins 24 hours after a surgical procedure. The initial response to “surgical injury” is swelling. Your grafting procedure was performed using a minimally invasive surgical procedure. Because it is a “closed” site, it is more subject to post-operative swelling. Our post-op instructions are designed to set up an environment to minimize swelling and thus enhance healing and comfort.

Swelling

Swelling is the body’s normal reaction to surgery and the repair process. Your swelling may increase for 3 days post-operatively. This is normal. If you experience an increase in swelling or an increase in discomfort beyond the third day, please call our office.

Ice Packs. To help minimize your swelling, we will send you home with ice packs. Place the pack on the outside of your face, over the treated area, for 10 minutes, and then take it off for 10 minutes. Continue to alternate 10 on, 10 off as much as possible the first 24 hours after surgery, during waking hours.

Bleeding

There will be minimal visible bleeding that will show in your mouth. Even minimal bleeding in your mouth mixed with saliva can look like more than it is. In the unlikely event that you experience excessive bleeding, please call our office.

Medications

Pain Medications. Take pain medication within one hour after treatment with a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every three to four hours as needed for pain.

DO NOT USE ASPIRIN, Advil (Ibuprofen) or Aleve for one week following surgery as they contribute to bleeding problems. Only the pain reliever acceptable is Tylenol.

Antibiotics. Take prescribed antibiotics as directed until all have been taken. You will begin this medication the day prior to surgery.

Eating

First 24 Hours. Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to cold liquids. Yogurt, smoothies, milkshakes and dietary supplements such as Instant Breakfast or Ensure are good choices. AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.

After 24 Hours. You may have soft foods such as cooked vegetables, fish, pasta, and meatloaf that are easily chewed. You should use utensils and avoid chewing at the surgical site for two weeks, DO NOT SKIP MEALS. If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal faster.



Care of the Mouth

Brushing and Flossing. Begin brushing and flossing the areas not operated on the day following surgery.

AVOID THE SURGICAL SITES for two weeks or until given specific brushing instructions at your first post-operative visit. You may notice a white film over the surgical sites. This is completely normal.

Anti-Oxidant Gel. At your surgical visit, you will receive Periosciences Anti-Oxidant Gel. It is an antibacterial and pharmaceutical antioxidant that is soothing, refreshing and promotes healing. Gently apply two pumps to the teeth at the surgical site and spread over the gums with your tongue every three hours during waking hours the first week after surgery, then 3 times per day until your first post-operative appointment. Avoid eating or drinking for 30 minutes after application of gel.

Electric Toothbrushes. DO NOT use an electric toothbrush near the surgical site for 6 months following your surgery.

Water Pik. DO NOT use a Water Pik near the surgical site for at least 6 months following surgery.

Avoid looking at the surgical site. DO NOT attempt to view the site by pulling on your cheek, lip, etc. in order to minimize any stretching or movement of that would inhibit proper healing.

Activities

Rest. Plan to remain at home the remainder of the day of surgery and the following day. Minimize talking and facial expression. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling.

After 24 Hours. You may return to normal daily routine, but ***avoid strenuous activities such as heavy lifting or exercise programs that elevate your heart rate for one week following surgery.***

Smoking

DO NOT SMOKE for 3 weeks after surgery. Smoking is detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for three weeks post-operatively, you may as well quit all together.

Sutures

We have used a suture that is non-resorbable. This type of suture remains clean and actually repels bacteria. Your sutures will be removed at the two-month post-op visit. There will be little sensation with suture removal and it requires no anesthesia.

It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please contact our office any time.

Patient Signature

Date