



## General Dentistry & Dental Specialists

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### Patient Instructions After Gingival Graft Surgery

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1. **Care of the Mouth:**
  - a. DO NOT brush surgical areas
  - b. If possible, do not chew on the side of the mouth where your surgery was performed. Chew on the opposite side of the mouth instead.
  - c. DO NOT drink from a straw, as the suction can create bleeding problems.
  - d. Keep mouth temperature cool by drinking cool liquids or eating cool foods (ice cream, yogurt, etc) for the first 24 hours following surgery.
  - e. Do not eat or drink anything hot for the first 24 hours following surgery (lukewarm coffee is okay)
2. **One the first day following surgery (tomorrow)**, rinse mouth gently every 3-4 hours, especially after light meals, using ½ teaspoon of salt in a glass of warm water. Continue rinse for 24 hours after the surgery.
3. **On the 2<sup>nd</sup> day following surgery**, either swish the mouth with medicated mouth rinse (chlorhexadine or Perio Guard), or swab the surgery site gently with a Q-tip dipped into the medicated mouth rinse. Continue medicated rinse for one week following surgery. Do this procedure following meals.
4. **Periodontal dressing:** A periodontal dressing or packing material may have been applied to the surgery site. The dressing will take approximately 4 hours to harden.
  - a. Avoid touching the dressing with your tongue
  - b. Avoid chewing, brushing or flossing in the area of the periodontal dressing until after your follow-up visit.
  - c. When sleeping or resting, do not lie with your face down on the same side as you surgery
  - d. Try to keep the dressing in place until after your follow-up visit. However, if it comes loose or falls out before then, keep the area clean by rinsing periodically with the medicated mouth rinse as described above.
5. **Stent:** If you have a stent, DO NOT remove if for the first 24 hours after surgery. Starting 24 hours after surgery, you may remove the stent once per day to rinse and clean it,
6. **Bleeding:** Following any minor surgical procedure, some bleeding is expected. Your saliva may have a slight pink tinge for the remainder of the day following surgery. Do not be concerned. If the bleeding or oozing continues for longer than 24 hours, or you experience excessive bleeding, call the office.
  - a. Often there is increased saliva flow following surgery, and when mixed with small amounts of blood this may appear to be bleeding.
  - b. Use a towel over your pillow to protect from stains.
  - c. DO NOT take a hot shower or bath during the first 24 hours following surgery.
  - d. Avoid all exercise or strenuous activity for one week following surgery.
  - e. Excessive bleeding would appear as thick red blood. It may occur from the roof of your mouth at the donor site. If this occurs, contact your periodontist

immediately, apply pressure to the area with your thumb, with the stent in position, until the bleeding stops or until otherwise directed.

7. **Swelling:** If you experience swelling, you can apply an ice pack on the outside of your face over the operated area and continue for 15 minutes on, 15 minutes off. Do this for the first 6-10 hours after surgery. This will keep the swelling to a minimum. Do not apply the ice pack after the first day of your surgery.
    - a. Starting 24 hours after surgery, periodically rinsing the mouth gently with warm salt water or Perio Guard will help reduce swelling
  8. **Medications:** Take all antibiotics as prescribed until they are gone. For pain, take the prescribed pain medication for the first 24 hours following surgery. Twenty-four hours after surgery, take pain medication as needed.
  9. **Follow-up Appointment: A follow-up visit is a very important step for checking the results of the surgery. Please be sure to keep this appointment.**
- If any unusual symptoms occur, please call us.

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Pediatric Dentist, Orthodontist, Periodontist,  
Oral Surgeon & General Dentistry