

Dr. Gary T. Jones

INSTRUCTIONS FOLLOWING GUM GRAFTING

DISCOMFORT:

- Follow instructions carefully to avoid unnecessary discomfort. Some discomfort is normal and to be expected. The level and duration varies between patients.
- Take the prescribed or recommended pain medications as directed.

REST:

- Rest quietly with your head elevated for the remainder of the day.
- Always get up slowly from a reclining position to prevent dizziness.
- Limit physical activity.
- To encourage rapid healing please REST!

ICE:

- As soon as possible, place an ice pack on your face over the surgical area; 20 minutes on and 20 minutes off.
- Use the ice pack for the first 6 hours following surgery. This will contribute to your comfort and minimize swelling.
- Moist heat may be applied the day following surgery for added comfort.

MEDICATION:

- Ideally, pain medication should be taken BEFORE numbness wears off.
- If an antibiotic was prescribed, take it as directed until it is ALL GONE.
- Some pain medications may cause lightheadedness. Lying down will help this.
- Some medications may cause an upset stomach. Taking these with food will lessen this side-effect.

BLEEDING:

- Slight bleeding from the surgery area is normal, however, extensive bleeding should not occur. If such bleeding should occur, apply firm pressure with moist gauze or a moistened tea bag to the area for 20 minutes. If bleeding does not subside, please call.

MOUTH CARE:

- Do not brush, floss, rinse or spit the day of your surgery.
- Avoid rinsing, spitting or sucking through a straw for 24 hours after surgery, blood is clotting and this will disturb the healing process.
- Do not rinse with salt water or mouthwash as they are irritants to the palate and will cause pain and delay healing.

- You may begin to brush the NON-SURGICAL area the day following surgery.
- Start to gently brush (with ultra-soft brush) the surgical area after your post-operative appointment.
- Begin rinsing very gently with the prescription Peridex mouth-rinse 24 hours after your surgery, if prescribed.
- Do not touch surgical sites for the first week; you could dislodge the healing tissue and compromise the success of the graft.
- Do not pull your lip away to view graft site.

EATING:

- Maintain a balanced diet.
- Eat softer foods such as pasta, eggs, yogurt, baked potato or hot cereal.
- Chew in the non-surgical areas as much as possible.
- Avoid extremes: very hot, very cold, acidic foods, also hard or crunchy foods.
- Avoid the use of alcohol for 2 days after the surgery or until you are no longer taking medication.

FLUIDS:

- Fluids should be consumed as soon as possible. It is recommended that you drink 6-8 glasses of water over the remainder of the day following surgery.
- Avoid using a straw as it may cause suction, which may loosen the blood clot and cause bleeding and loss of graft.

SWELLING & BRUISING:

- Some swelling often occurs and this is normal in the healing process.
- Bruising may occur in surgical area.
- If swelling seems excessive and is accompanied by fever or pain, please call immediately.

SMOKING:

- We strongly advise NOT SMOKING after surgery. Smoking delays the healing, increases discomfort, and may encourage bleeding and infection in the surgical site.

DRESSING:

- A periodontal dressing may have been placed to protect the healing wound. It should remain in place as long as possible.
- If part or all of the dressing comes off, do not be alarmed. This is normal (expected) and will not affect the results.

NOTE: In case of any abnormal occurrence, contact our office.



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