

INSTRUCTIONS FOLLOWING GUM GRAFTING

Protection of the gum graft is **VERY IMPORTANT** to ensure a successful “take” of the procedure.

CARE OF MOUTH: **DO NOT** brush or floss in the graft site for **TEN** days after surgery. Then you may begin gentle brushing with a soft toothbrush for another two to four days and finally return to normal brushing. If you are using a Sonicare® toothbrush, please avoid using this particular toothbrush for 30 days after the surgery because of the vibratory action of the bristles. Teeth which are not grafted can be brushed and flossed as you would normally. **DO NOT** rinse vigorously at any time. After 24 hours, you may gently rinse your mouth with warm water.

DO NOT pull the lip out or rub cheek in the area of the graft since this may dislodge the graft.

SWELLING: You may expect some swelling after surgery. To minimize swelling, place an ice pack or cold compress against the face for 5 to 10 minutes every 1-2 hours over the next 24 hours. After this period, use a warm compress to reduce swelling.

BLEEDING: Expect a small amount of bleeding in the donor site (palate) and recipient site (tooth). The most common site for bleeding is the palate and pressure is the best way to control bleeding. Position a moistened gauze pad or tea bag over the bleeding site and apply pressure for 30-45 minutes. Repeat if necessary. **DO NOT** apply pressure in the recipient site (tooth) since pressure may disrupt the graft and any bleeding in this area should stop on its own. Call the office if the bleeding is profuse and continuous.

EATING: Eating should be avoided after surgery until the local anesthesia has worn off completely. **DO NOT** chew or bite in the area. Generally, there are no restrictions on your diet, but depending upon the location of the graft, this may modify your usual biting and chewing patterns. **AVOID** hard, chewy or spicy foods, since they will aggravate bleeding, especially in the donor site (palate).

DISCOMFORT: Following all types of surgery, a certain amount of discomfort should be expected. Usually this is slight and can be controlled by taking acetaminophen (Tylenol), ibuprofen (Advil, Nuprin) or naproxen sodium (Aleve). Occasionally, a prescription for pain medication will be provided. Take medication as directed and always use the weakest medication sufficient to control your discomfort.

PHYSICAL ACTIVITIES: Avoid all physical activities for ten days which have the potential of dislodging or injuring the graft. During this period, walking and other light aerobic activities are acceptable.

INFECTION: An antibiotic was prescribed and should be taken if tissue other than your own was used for the grafting procedure, such as Alloderm®, etc. Otherwise, only take the antibiotic if the grafted area becomes infected. Signs of infection would include: fever, facial redness and warmth and increased swelling after 48 hours in the area of the gum graft. If in doubt, take the antibiotic for the prescribed period.

If you have any problem that you consider an emergency, please feel free to call the office: (604) 568-8686 or text/call Dr. Mehio (778)840-6444.