

# Instructions following Gum Graft

## **BE AWARE**

### **1. Bleeding**

*A small amount of bleeding is normal for up to 48 hours. Bite on gauze to reduce the bleeding. If bleeding persists after 48 hours, please contact the office.*

### **2. Pain**

*Discomfort is expected after the surgery. The surgical site will be most sore when the anesthesia first wears off. Please take pain medications as instructed.*

### **3. Swelling**

*A small amount of swelling is normal and is part of healing. Expect swelling for the first 3 days post-op. Ice pack should be applied to reduce the amount of swelling.*

### **4. Surgical Dressing**

*A surgical dressing is in place to protect the surgical site. Please do not remove the dressing until your doctor does.*

### **5. Stitches**

- Non-dissolving: Please come back in 1-2 weeks to remove your sutures.*
- Self-dissolving: You do not need to come back to remove your sutures. Your stitches will likely dissolve within 5-7 days.*

## **PLEASE DO**

### **1. Ice Pack**

*Apply an ice pack to the side of your face where the surgery was done; 20 minutes on & off.*

### **2. Salt Water Rinses**

*After 24 hours of the surgery, gently rinse your mouth daily with salt water (1 teaspoon salt in 1 cup lukewarm water).*

*Commercial mouthwashes are not recommended.*

### **3. Take Pain Medication**

*Mild pain medication such as ibuprofen (Advil) or acetaminophen (Tylenol) are recommended to be taken. If needed, stronger analgesic may be prescribed.*

### **4. Take Prescribed Medication**

*Your doctor may prescribe other medication as needed. Please take your prescription as per instruction.*

## **PLEASE AVOID**

### **1. Moving your lips and cheeks**

*Risk of gum graft failure increases with any movement of the graft. Please minimize moving your lips and your cheek as much as possible.*

### **2. Aggressive mouth rinse**

### **3. Smoking**

### **4. Toothbrushing the area**

### **5. Heavy exercise**

*#2-5 will lead to poor healing and may risk implant failure.*

### **6. Chewing on the side of your mouth where the surgery was done**

*If food gets impacted in the surgical site, it can lead to infection.*

Most patients heal normally and without complications. If you have any questions or concerns, please do not hesitate to contact our office. You matter to us, and we are here for you.

*Remember that you have just had a minor surgery. Be kind to yourself and rest often.*

Dr. Scott # \_\_\_\_\_