

## INSTRUCTIONS FOLLOWING A GINGIVAL GRAFT PROCEDURE

**REST:** Lying quietly with your head elevated is recommended for the remainder of the day. Please limit your physical activity to a minimum, and avoid aerobic activity for 24-48 hours after surgery.

**ICE:** Applying an ice bag to your face for twenty-minute intervals for the first four to five hours after surgery will help minimize facial swelling. Ice can be used for twenty-four hours if necessary.

**BLEEDING:** If you have bleeding from the donor site, rinse your mouth with iced water or iced tea or take a moist tea bag and apply pressure to the donor site for approximately twenty minutes. The tannic acid in the tea helps to stop bleeding. The clear plastic retainer placed on the palate will minimize irritation of the donor site. Please do not remove this for the first twenty-four hours. Wear the retainer when eating and sleeping to protect the donor site until the sutures dissolve. The sutures will begin to dissolve within seven to ten days.

The graft may appear almost white in color the second or third day and will remain that way for several days. This is normal.

**MEDICATIONS:** Use your anti-inflammatory medication to help prevent swelling and discomfort. It is recommended to take 400-800mg Ibuprofen every 4-6 hours for the next 4-5 days. Do not exceed 2400mg in a 24-hour period. If you have been given an antibiotic, take as directed until all of the medication is used. If you experience nausea, itchy skin, or if a rash develops, after taking any of the medication, discontinue their use and telephone the office immediately. Arnica Montana (homeopathic anti-inflammatory) is also recommended to prevent swelling and bruising.

**EATING:** You may have something cold to drink or soft to eat. Eating a soft, bland meal the evening of the surgery is the best medicine for generally improving how you feel! Avoid hard and crunchy foods for two weeks following the surgery. Try a milkshake, yogurt, or ice cream with fruit.

**MOUThCARE:** PLEASE DO NOT PULL DOWN YOUR LIP TO LOOK AT THE GRAFT, AND DO NOT BRUSH THE GRAFTED AREA; you may dislodge the healing tissue. Feel free to continue your regular oral hygiene on all other areas of your mouth. If we have prescribed a medicated mouth rinse (Peridex), please rinse once in the morning and once in the evening until your next appointment.

*We are always available to answer your questions. Please feel free to call us anytime at 415-457-0343.*