



After Surgery Care for GINGIVAL GRAFTING

CARE OF THE MOUTH

Brushing and Flossing- Begin brushing and flossing the areas not operated on the day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your post-operative visit. You may notice a white film over the surgical sites. This is completely normal.

Mouthwash-Use the prescribed mouthwash twice daily beginning the morning after surgery until instructed to discontinue.

Electric Toothbrushes-DO NOT use an electric toothbrush such as Sonicare or Oral-B Braun for 6 weeks following surgery.

Water Pik-DO NOT use a Water Pik for at least 6 weeks following surgery.

EATING

First 24 Hours- Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to **COLD LIQUIDS**. Dietary supplements such as Instant Breakfast or Ensure are good choices. **AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.**

After 24 Hours-Gradually progress to soft foods that are easily chewed and swallowed. **DO NOT SKIP MEALS.** If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal more quickly.

ACTIVITIES

Rest- Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling.

After 24 Hours-You may return to normal daily routine. Avoid strenuous activities such as heavy lifting, or exercise programs which elevate your heart rate for one week following surgery.

MEDICATIONS

Pain Medications-Take pain medication within one hour after treatment with milk, fruit juice, or a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every three to four hours as needed for discomfort. **DO NOT USE ASPIRIN** or products containing aspirin for one week following surgery. Aspirin, Aleve, and Advil can contribute to bleeding problems. Only the non-aspirin pain reliever, Tylenol, is acceptable.

Antibiotics-Take prescribed antibiotics as directed until all have been taken. You will begin this medication the day prior to surgery.

SWELLING

Ice Packs-Some swelling occurs after gingival grafting. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area, for 10 minutes, and then take it off for 10 minutes. Continue to apply ice packs as much as possible the first 24 hours after surgery.

BLEEDING

Slight bleeding or oozing is normal during the first one or two days following surgery. If excessive bleeding occurs, please call our office.

SMOKING

DO NOT SMOKE for 3 weeks after surgery. Smoking is detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for three weeks postoperatively, you may as well quit forever.

SUTURES

Resorbable-The resorbable sutures used usually will be resorbed by the time you return for your post-op visit.

Non-resorbable-If non-resorbable sutures were placed, they will be removed at your post-op visit.

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