

GINGIVAL GRAFTING POST-OPERATIVE INSTRUCTIONS

Following a grafting procedure, you may experience oozing or bleeding from the roof of the mouth where the gingival tissue was taken. This may continue throughout the day. If bleeding occurs, wet a piece of gauze with water, and wring out. With your thumb, hold pressure on the area for 3-5 minutes without removing the gauze. Look at the area at this time, and if another gauze is needed, repeat pressure for 3-5 minutes. Bleeding should subside within 30 minutes to 1 hour. A wet tea bag can also be used in place of the gauze. Tea will help with clotting.

Do not eat or drink hot foods or liquids or eat hard, sharp foods for 24-36 hours after the procedure, as this could cause more bleeding to occur. Avoid using a straw during this time frame, as the pressure generated may cause the palate to begin to bleed again.

Do not look at the graft site or pull on it. The tissue has been stitched into place and pulling on it for any reason could cause the graft to be moved or dislodged and failure of the grafting procedure.

Do not brush, floss or vigorously rinse around the graft site until the sutures have been removed. Dr. Avason and/or his assistant will explain hygiene instructions at the time of suture removal. You may brush and floss everywhere else, just avoid getting too close to the graft site.

Take 3 over the counter (200mg) or 1 prescription (600mg) strength Ibuprofen (Motrin or Advil) every 6-8 hours for the first 3 days. Another prescription written for pain may be taken with the ibuprofen as needed. Caution, some prescription pain medications may cause drowsiness and should not be combined with alcoholic beverages.

Rinse with lukewarm salt water 2 times a day, morning and night, for the next 7-10 days to aid in healing.

Swelling may occur and could gradually increase up to the third day after the procedure has been completed. Please do not use an ice pack on the graft site, as this will slow healing of the graft.

At the 1 week post-operative appointment, your sutures will be removed.

Any questions or concerns, please do not hesitate to call our office.

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