

Gum Graft Home Care Instructions

DO these things to heal and keep mouth fresh

1. Gently ice on top of cheeks as much as possible for first 24 hours (10 minutes on, then 10 minutes off & repeat as much as possible.)
2. Brush the tongue gently.
3. Brush any teeth that did not have surgery on them.
4. Eat a healthy diet using softer, easily chewable foods. May blend any healthy foods for a smoothie. (Nothing with tiny seeds or nuts.)
5. Lower sugar intake to maximize healing.
6. Return to this office for all post-operative/polishing visits.

DO NOT do these things during the first 2 weeks after surgery

1. Don't do anything that will disturb the surgical sites. Be your own best wound caretaker. Be as gentle as possible for 4 weeks.
2. No brushing, rinsing, flossing or waterpik of the surgical sites.
3. Do not brush the biting surface of the teeth that had surgery.
4. No touching the surgical sites with fingers, tongue or any other object like cotton swabs, picks etc.
5. Do not look at the surgical sites. Keep cheek movements to minimum. Limit talking.
6. Do not sleep with hands under the cheek or face down on pillow.
7. No spitting, use of straws, blowing balloons, snorkeling or use of wind instruments.
8. No smoking, no sucking candies, mints, cough drops etc...
9. No heavy aerobics, vigorous dancing, heavy lifting or physical activity for 2 weeks.
10. No scalding hot liquids or alcohol for 1 week after surgery
11. No crunchy/sticky foods and seeds/nuts.
12. No Clinching or grinding of the teeth.
13. No chiropractor visits for 6 weeks.

EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.

- PAIN CONTROL – take Pain Medication as instructed by the doctor. Typically it can be controlled with the prescribed Ibuprofen. A stronger pain medication like Hydrocodone may be mixed with the Ibuprofen for pain control if needed.
- CALL THE DOCTOR IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING (MOUTH FULL OF BLOOD), HEAT OR ABNORMAL SENSATION AT THE SURGICAL SITE.
- After your post op you may brush the surgical area with the extra soft special brush for 1 MONTH. (We will provide you with a tooth brush and instructions at you post op appointment.)

HEMORRHAGE CONTROL: Do not suck on the wound or spit unnecessarily as it will prolong the bleeding. Do not be alarmed, it is normal to have some blood in your saliva during the next 24 to 48 hours. If you have bleeding from the roof of your mouth, please take a piece of gauze folded or a wet tea bag and apply pressure to the area for 2 minutes.

SWELLING CONTROL: To prevent swelling, the application of ice packs to the face is very effective. Ice packs should be used 10 minutes out of each hour until bedtime, do not use ice packs for longer than 48 hours. Keep your head and shoulders elevated at a 45 degree angle until bedtime. The first day after surgery, do NOT apply heat to the face unless you are specifically told to do so.

DIET: You may have clear liquids when arriving home. After 2 hours, a soft diet may be resumed. Drink plenty of fluids, but DO NOT USE A STRAW. Well balanced meals are important to recovery. Do not use any alcohol for the first week. Avoid seeds and crunchy foods for 3 weeks.

ORAL APPLIANCES: DO **NOT** WEAR ORAL APPLIANCES OVER THE GRAFT AREA UNTIL INSTRUCTED BY THE DOCTOR.

(Perio-Protect, sports guards, fluoride trays, bleaching trays, night guards, invisalign, retainers, etc...)

REST: Avoid over fatigue. Go to bed early at night and get adequate rest during the day. Remain inactive for 24 hours.

LIPS: If the corners of your mouth are cracked or sore from the retractors during surgery, keep lubricated with a little Vaseline.

BLACK AND BLUE: Do not be alarmed if a yellow blue-black discoloration appears on your face after surgery. It may take a week or so to fade away.

Questions or Concerns? Any questions or concerns, please contact us at 770-802-2222. For emergencies, please call us at 770-802-2222

Signature: _____ Date: _____

(We recommend posting these reminders on your bathroom mirror or whenever else you see fit.)