



POST-OPERATIVE INSTRUCTIONS FOR GINGIVAL GRAFTS

1. If discomfort remains mild, take 3 Ibuprofen or Advil every 4 hours or 2 Tylenol every 6 hours as needed. If pain is not relieved by over-the-counter medicine, take prescribed medication according to label instructions. Do not take medication on an empty stomach.
2. No carbonated sodas or drinks, no alcoholic beverages for 48 hours.
3. No smoking for 48 hours. Limit smoking after that time to promote optimal healing.
4. You may eat as soon as you return home. However, avoid hot foods and beverages for 48 hours. Ice cream, yogurt, pudding, Jell-O, instant breakfast and applesauce are suggested for the first 12-24 hours after surgery.
5. Refrain from physical contact that may involve your mouth for the first 10 days.
6. Avoid brushing the graft site for 4 weeks. You may brush other areas beginning tonight. Rinse with prescription mouthwash 2-3 times daily until we see you for your first post-operative appointment.
7. An adhesive bandage is frequently placed over the donor site (roof of mouth) which will loosen over the first week. If swallowed, no harm will occur. The same is true if a pink periodontal dressing was used over the site where the tissue was grafted.
8. Sutures may dissolve and be lost before your next visit.
9. Refrain from pulling down your lip to view the graft.
10. Moderate swelling of one lip and cheek is to be expected over the first 48 hours and should lessen over the next several days. The white appearance of the graft is normal.
11. Bleeding from the roof of the mouth may occur at any time over the first 10 days. If this occurs, place firm pressure over the bleeding site with a wet washcloth or Kleenex for 10 minutes without letting up if it continues give Dr. Barney a call.
12. After hours, Dr. Barney may be reached at 631-8423. Please call if you have any questions.