

## POST OPERATIVE INSTRUCTIONS FOR GINGIVAL GRAFT SURGERY

**DISCOMFORT-** Take 3 (Ibuprofen) Advil and 1 Tylenol every 6 hours as needed. Avoid aspirin post operatively to avoid bleeding.

**SWELLING-** Keep ice on the area for 20 minutes on then 20 minutes off. Do this for the first 3-4 hours. This may be done for the first 24 hours following surgery, after that use moist heat. Try to elevate your head the first few nights following surgery. Please note that the height of swelling is usually 48 hours post operatively.

**DIET-** Your diet should be mild for the first 24 hours. Drink a lot of liquids for the first few days following surgery. Avoid spicy and crunchy foods for the **FIRST WEEK** i.e. French bread, potato chips, nuts etc. We suggest you eat soft foods i.e. soups, yogurt, ice cream, drink supplements, vitamin supplements (especially A, C, and E).

**BLEEDING-** It's not unusual for there to be some oozing from the roof of your mouth after surgery. Just apply pressure with gauze. If you are out of gauze, moisten a tea bag and apply pressure for 5 minutes. Take it easy for the rest of the day- avoid over exerting yourself.

**AVOID-** Spitting, drinking through a straw. These will increase the potential for bleeding. Avoid **ALCOHOL AND SMOKING** for the first week. This can prevent the graft from maturing.

**ORAL HYGIENE-** Avoid brushing the area today. Tomorrow you may clean the rest of your mouth as you normally would. Please do not avoid brushing the surgical area. It is imperative for uneventful healing that the site is meticulously maintained. Brush and floss lightly. If you were given a prescription for an antibiotic rinse use it for one minute in the morning and one minute in the evening. Take ½ capful of the rinse and bathe the area avoiding vigorously rinsing. Every day that goes on the graft will become more and more secure. Finish the entire bottle. If you were given a prescription for an antibiotic, take it as directed and finish the entire bottle unless you have a reaction then contact us.

If you have ANY problems, or persistent bleeding call me in the office at 973-895-7995. If after hours I may be reached on my cell 201-618-7978