

POST OPERATIVE INSTRUCTIONS FOR GINGIVAL GRAFT SURGERY

DISCOMFORT- For mild discomfort take a non- aspirin pain killer such as Tylenol, Advil or Nuprin. Avoid aspirin post operatively to avoid bleeding. If directed to do so take Advil 3-4 tablets every 4 hours for the first day following the surgery, then every 4-6 hours as needed for discomfort.

SWELLING- Keep ice on the area 20 minutes on/ 20 minutes off- when you get home. 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.

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** ie. french bread, potato chips, nuts etc. We suggest you eat soft foods ie. soups, yogurt, ice cream, drink supplements, vitamin supplements (especially A,C, and E).

BLEEDING- It's not unusual for there to be some oozing after surgery. Just blot it 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, but avoid brushing the surgical area for the first three weeks. Instead begin rinsing for one minute in the morning and evening with one capful of the prescription mouth rinse. After 3 weeks you can start to mechanically clean the graft site. If you were given a prescription for an antibiotic, take it as directed and finish the entire bottle.

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