



*Exceptional General Dental Care for the Quality Conscious*

### **Postoperative Instructions for Gingival Graft**

1. The area from which the graft tissue was taken will feel uncomfortable for several days. The feeling is sometimes described as having been burned with hot food or hot drink.
2. We have placed a periodontal pack over your gums and sutures to protect them from irritation. The pack helps lessen discomfort, aids healing and enables you to carry on most of your usual activities in comfort. For the first few days, you will be unaccustomed to having the pack in your mouth and it may be uncomfortable. For your benefit, the pack should remain in place as long as possible. **DO NOT REMOVE IT.** If particles of the pack chip off during the week, do not be concerned as long as you do not have discomfort. If a piece of the pack breaks off and you are in pain or if a rough edge irritates your tongue or cheek, please call the office. The problem can be easily remedied.
3. Some bleeding for the first few hours following surgery is to be expected. If there seems to be more than just a small amount of oozing, pressure may be applied to the area of bleeding. If the bleeding is from the palate, apply pressure directly to the area with a damp piece of gauze or damp washcloth and finger pressure. If the bleeding comes from the area where the graft was placed, pressure may be applied to the outside of the face directly over the area.
4. Slight to moderate discomfort is normal following the surgical procedure. If medication has been prescribed, begin taking the medication before the numbness wears off, then continue to take the medication as prescribed for pain. To prevent nausea, do not take the medication on an empty stomach. Should your stomach become upset, you may purchase syrup of Coca-Cola or Emetrol at your pharmacy and take as directed.
5. **For the first day or two, eat cool, soft foods to help minimize swelling.**
6. **Less swelling means less pain.** In general, you can eat anything you can manage, being careful to not chip the packing. AVOID CITRUS FRUITS, HIGHLY SPICED FOODS, EXTREMELY SALTY FOODS AND ALCOHOLIC BEVERAGES. They will cause pain by chemically burning the open wounds under the pack. You may want to supplement your diet with a multi-vitamin-protein supplement such as Ensure or Carnation Instant Breakfast until you are able to eat properly.

7. Avoid rinsing your mouth the first 24 hours after surgery. Rinsing usually will promote more bleeding the first day.
8. Lightly brush the areas that have been treated to keep the those areas as clean as possible, using the Ultra Suave Brush provided (red brush) dipped in Therasol. Use your regular toothbrush dipped in Therasol to brush the rest of your teeth and mouth. No toothpaste is necessary.
9. The grafted area will undergo many changes during the first two weeks. Most noticeable will be color changes in the tissue. At first, it may appear white and filmy, changing to red after a few days of healing. This is normal.
10. Your next appointment will be scheduled in five to ten days to remove the sutures placed during surgery.
11. Follow-up visits after removing the sutures are important to follow the healing, ensuring the very best result possible.
12. **DO NOT SMOKE** - the heat and smoke will irritate your gums and delay healing. If at all possible, use this opportunity to give up smoking. **FACT:** Smokers have more gum disease than non-smokers.
13. If you have any questions or problems arise, please feel free to call Dr. Iacobelli at **440-845-7300**. **After hours, call 216-389-2026**.