

# Post Gingival Graft Instructions

- Slight bleeding or blood tinged saliva is normal for up to 48 hours. If you notice a **“flow” of blood coming from the graft or roof of the mouth site, place a moistened tea bag, gauze or similar on the site with firm pressure for at least 20 minutes.** If it persists, call the office at 360-357-9880.
- Do not exercise and decrease activity for the first 3-4 days after surgery.
- Take all medications as prescribed. If you were prescribed an **antibiotic, take it until finished.** Taking probiotics or consuming 2-3 yogurts a day is recommended to keep your digestive system healthy during antibiotic usage. Antibiotics can interact with some medications, be sure to consult your pharmacist.
- **Leave the area alone for 14 days. Do not pull lips away to look at the treated area,** this may decrease the amount of root coverage attained. You may brush and floss all of your teeth as normal **with the exception of the surgical site** unless otherwise directed.
- No vigorous rinsing or spitting or using of a straw for 2-3 days.
- Keep up a good diet with plenty of liquids. Avoid hard foods like chips, nuts, and popcorn and try to chew food on the non-treated side. For the night of surgery and the day after eat cold to lukewarm foods and avoid hot foods which could increase swelling. Ice-cream, smoothies, milkshakes or sipping on ice water can help to minimize swelling.
- A cold pack applied to the cheek on and off every 10 minutes the first 24-36 hours after surgery can help to reduce swelling. Do not ice after 36 hours. Mild to moderate facial swelling is very common with this procedure.
- Some mild to moderate bruising is common in some individuals after surgery
- Sutures are dissolvable, unless otherwise stated, and will loosen and come out on their own in 7-14 days.
- Avoid smoking for at least 48 hours.
- Use the rinse as prescribed 2 times daily for 14 days. If staining occurs it can easily be polished off at our office.
- For pain and swelling, take 3 tablets of Ibuprofen 200 mg every 6 hours or 4 tablets every 8 hours. If needed, take one Vicodin **OR** 1-2 tablets of full strength Tylenol **BETWEEN** regular Ibuprofen doses. It is essential to stay on a strict Ibuprofen schedule for **at LEAST 3 days** after surgery. This is both for your comfort and to prevent inflammation and swelling.
  - Next Ibuprofen @ \_\_\_\_\_