



POST-OPERATIVE INSTRUCTIONS FOR GUM TISSUE GRAFTS

- Continue to keep pressure on the donor surgical area with the gauze for 20 minutes. If necessary, replace the gauze for another 20 minutes. Make sure to use MOIST gauze only. You can also bite on a cold moist tea bag for 20 minutes instead of gauze. This usually stops the bleeding faster. If necessary, use a couple of tea bags one after the other. Alternatively, you can wear the plastic shield.
- Use cold packs on the side of the face where the surgery has been done for the first day after surgery. Keep the cold pack on for 20 minutes and then take it off for 20-30 minutes and repeat as many times as possible.
- Use warm compresses (heating pad, warm towel, etc.) 2 days after surgery if the area is slightly swollen, Use the same regimen, alternating keeping the compress on for 20 minutes and taking it off for 20-30 minutes.
- Try not to disturb the surgical site with your tongue, lips, etc. Stay on a soft food diet for the first 3-5 days. Do not drink through a straw for 3-5 days.
- Minor bleeding is expected for the first couple days after surgery. Use an extra pillow at night to elevate your head.
- Avoid strenuous physical activity for 5 days after surgery.
- Do not brush the surgical area for 1 MONTH. Continue to brush the rest of the mouth! Resume gentle brushing of the surgical area in a MONTH.
- Gently rinse with Periogard mouth rinse for 1 MONTH twice a day, starting the next day after surgery. You can rinse with warm saltwater after meals if necessary.
- Take the prescribed painkillers for 3-5 days after surgery, even if there is no significant pain. This will facilitate the healing and reduce the chance of swelling. You can also take non-prescription painkillers such as Motrin, Advil, or Ibuprofen instead (3 pills, or 600 mg, 3-4 times a day) to reduce the swelling.
- Some swelling or bruising is expected after surgery since it is part of normal healing process.
- If you were given antibiotics after surgery, finish the entire course as prescribed. Do not skip or reduce the dose! Try to take antibiotics after meals to reduce the chance of upset stomach.

Should you have any questions or concerns, please call our office, (415) 399-1966 or email us at info@unionsquaredentalgroup.com.