



## POST-GINGIVAL GRAFT SURGERY INSTRUCTIONS

### **ACTIVITY**

After the surgery, RELAX FOR THE REST OF THE DAY; avoid laughing hard, avoid strenuous activity, and DO NOT LIFT THE LIP TO LOOK AT THE GRAFT IN THE MIRROR.

### **DISCOMFORT**

Some discomfort may be present when the anesthesia wears off. If you have been given a prescription PLEASE TAKE YOUR MEDICATION AS DIRECTED.

### **SWELLING**

In order to minimize swelling following surgery, wrap an ice bag in a towel and PLACE THE ICE BAG ON THE FACE in the operated area, 15 minutes on the 15 minutes off, for few hours.

### **BLEEDING**

After surgery there be slight bleeding and pink discoloration in your saliva. IF THERE IS PERSISTANT BLEEDING, PLEASE CALL YOUR DOCTOR.

### **EATING/DRINKING**

For the next few days avoid anything too hot, hard, sticky or spicy, and perferably CONSUME SOFT FOODS AND LIQUIDS OF MODERATE TEMPERATURE. Do not use a straw, and chew on the side opposite to the surgery.

### **ORAL HYGEINE**

DO NOT BRUSH/FLOSS THE SURGICAL AREA FOR 1 WEEK but CONTINUE TO BRUSH/FLOSS IN THE REST OF THE MOUTH. You may also use warm salt-water rinses (1/2 tsp. salt added to a glass of water) but do not rinse your mouth too vigorously.

### **SMOKING**

Please DO NOT SMOKE AFTER THE SURGERY for the least 2 weeks because of risk complications.

### **SUTURES**

The sutures will be removed in 1 week.