

WHAT TO DO AFTER GUM GRAFTING SURGERY

1. Take all medications **as directed**. Our recommendation for pain relief is 600mg ibuprofen (3 Advil) with 500mg Tylenol (1 Extra Strength) every 6 hours as needed for up to 3 days. In addition, you can take 65 - 100mg caffeine morning and evening with the above to maximize efficacy (1 cup of coffee or tea or over the counter caffeine pill).
2. Apply ice packs to face, if directed, 15 – 20 minutes each hour for the first three hours after the procedure.
3. You may follow your regular daily activities, avoiding excessive exertion of any type for the first 24 hours. If the gum graft was in the front of your mouth, avoid contact sports until the stitches are removed.
4. For the first 24 hours, try to avoid rinsing, spitting or drinking liquids through a straw. These actions may cause bleeding. Beginning the day after your surgical procedure, rinse with Listerine™ twice daily as it has been shown to improve healing. You may also rinse with warm salt water or other mouth rinse after meals to aid in keeping the surgical site free from food debris.
5. You may brush and floss all your teeth normally, **except** for the surgical area. **Do not** brush or floss this area until instructed to do so (usually after the stitches are removed).
6. Chloraseptic™ held in the mouth for 30 – 60 seconds will relieve soreness. Any mouthwash will diminish odors.
7. Some degree of swelling may occur. This may not be noticed until 24 hours after surgery. Usually, this swelling begins to reduce after an additional 48 hours.
8. **DO NOT** eat on the surgical side until instructed to do so. This may be for a few weeks. If your graft was on a front tooth or teeth (top or bottom), **DO NOT** bite into foods with your front teeth. Take liquids and/or semi-solid foods (fish, chicken, pasta, rice, eggs, yogurt, etc.) for the first day. **Please eat**. Nourishment is important for healing. If you had gum tissue taken from the roof of your mouth, avoid acidic foods for several days (vinegars, salad dressings, citrus fruits and juices are some examples).
9. **Listen to your body!! Call if you have any questions or concerns.**