

Gum Graft Post Operative Instructions

Home Care

- After leaving our office today, expect oozing of blood for the next few days, from both the graft area and donor site.
- If heavy bleeding occurs, press firmly with gauze or a tea bag until bleeding stops.
- Do NOT brush the treated area until you are told otherwise. The rest of the mouth can be brushed as normal.
- Use the mouthwash at least twice a day, starting the following day, to keep the area rinsed.
- Avoid flossing (water pik, floss, toothpick, etc.) the treated area until told otherwise.
- Do NOT pull on the lips or cheek to look at the treated area. Any drastic movements can cause damage to the treated area.
- If a smoker, do NOT smoke for at least 72 hours (cigarettes, pipe, cigar, vape, etc.)

Eating/Drinking

- Do not eat or drink until anesthesia (numbness) has worn off.
- Avoid sharp and crunchy foods until you are seen back for a post op exam. (Chips, nuts, cereal, etc.)
- Do not drink through a straw until told otherwise.
- Avoid spicy or acidic food as it may irritate the treated area.

Medications

- Take the full course of the antibiotic that was prescribed to you.
- Rotate OTC 600mg Ibuprofen and OTC Tylenol every 4-6 hours after surgery for the best pain relief.
- If a stronger pain medication was given to you, rotate the Rx pain medication with Ibuprofen as needed.
- Swelling and bruising is normal after treatment is completed, hold an ice pack on the outside of the face/jaw on and off for the next 48 hours to help minimize swelling and bruising.

Dr Lane can be reached after hours for emergencies only at (317) 427-3738

Dr Lim can be reached after hours for emergencies only at (740) 360-5494