

## GUM GRAFT POST-OPERATIVE INSTRUCTIONS

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**Bleeding** “Pink” saliva is normal for a few days. If you have bleeding, gently wipe the area clean of any “blood clots” first. Then apply gentle pressure to the site for 10 straight minutes with a moist tea bag, moist gauze, or a clean moist washcloth. If the bleeding will not stop, call Dr. Tingey.

**Food** Stay on a soft diet for the first 3 days. Chew away from the surgical site and avoid any foods that would be more likely to get stuck in the surgical site, such as chips, popcorn, nuts and seeds. Avoid these foods for the first 4 weeks. For the first 3 days avoid hot foods and drinks. Maintaining an adequate diet after your surgery is important for proper healing. Consider a nutritional food supplement such as; instant breakfast drinks, Ensure, Slim-fast, etc. It is critical for the success of the graft that the graft remains stable. Please do not move your lip, bite into any food that will move the graft, or do any activity that will bump the graft.

**Smoking** Do not smoke or drink alcohol for 48 hours. Smoking negatively impacts the success of the graft. The success of the graft will improve if you stop smoking or reduce smoking during the initial healing (6 weeks).

**Exercise** Avoid strenuous exercise for the first 3 days. Strenuous exercise may increase post-operative pain and increase bleeding and swelling.

**Swelling** Swelling is normal and will peak at 72 hours following the procedure. Use a cold pack on the face over the area where the procedure was done for 15 minutes and then off for 15 minutes. Continue this cycle for the first day. An ice pack can reduce the amount of swelling resulting in better results and less pain. Cold foods inside your mouth can also help reduce the swelling; examples: Ice chips, popsicles, ice cream, slushy/milkshakes or ice water.

**Cleaning** Use the prescribed mouthwash, Peridex, to keep the area clean. Let the mouthwash pool in the surgical site for 1 minute twice a day for two weeks. Do not swish, this can loosen any stitches or remove the blood clot. Use this mouthwash until your post-operative appointment in 2-3 weeks. Meticulous oral hygiene (brushing and flossing) should be continued in all areas of your mouth except for the surgical site. 3 days after your surgery **gently** apply the mouthwash with a postsurgical toothbrush provided or a Q-tip to the gums around the surgical site. Discontinue use at 3 weeks unless otherwise directed. Do not use a waterpik or Sonicare toothbrush to the surgical site for the first 8 weeks.

**Pain Management** Take 800mg Ibuprofen 3-4 times a day to manage the pain. Do not exceed 3200mg/day. Please take the medication with food to help reduce any stomach pain. Do not use ibuprofen if you have an allergy to ibuprofen or aspirin, or if you have a stomach ulcer. If prescribed use the other pain pills as directed.

If you have concerns please call Dr. John Tingey

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