

INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING GUM GRAFTING PROCEDURES

1. **DO NOT DISTURB THE WOUND** – In doing so you may invite irritation, infection and bleeding.
2. **PLASTIC SHIELD** – A dressing may have been provided to protect the roof of your mouth. This device is to be worn continuously for the first 24 hours. The shield is not a requirement for proper healing; after 24 hours, it may be worn as needed and should be removed and cleaned at least 2-3 times per day.
3. **BLEEDING – REMAIN QUIET AND KEEP HEAD ELEVATED AT ALL TIMES** – Some bleeding following grafting procedures is to be expected. However, if bleeding from the roof of the mouth continues or is heavy, remove the plastic shield (if present) and apply gauze with pressure for 15 minute intervals until the bleeding stops. If the bleeding will not stop, call the office immediately.
4. **RINSING** – Do not rinse your mouth the first day. The day after surgery, warm salt water may be used to rinse gently. The teeth should be given their usual care, except in the area of the operation.
5. **SWELLING** – To aid in the prevention of swelling, the application of ice packs for at least 2 hours the first day is desirable. The ice packs should be on 30 minutes out of each hour. Maximum swelling occurs 48 hours after surgery.
6. **DIET** - Eating should be avoided for at least one hour following surgery. On the day of surgery it is best to restrict your diet to fluids or very soft foods. Examples of these foods might be milk shakes, cottage cheese, Jell-O, or high protein liquid supplements. Very hot, cold, and spicy foods may cause discomfort and should be avoided. Meats, vegetables and fresh fruits can be liquefied in a blender; avoid the use of straws. Gradually progress to solid foods consistent with what you can manage. Don't skip meals. If you take nourishment regularly, you'll feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal diet and take medication as usual.
7. **MEDICATIONS** – If antibiotics are prescribed, be certain to continue taking them until directed otherwise.
8. **HEAT** – DO NOT apply heat to the outside of the face unless you are specifically told to do so.
9. **REST** – Get adequate rest. Rest and quiet facilitate healing. Strenuous activity can cause renewed bleeding for 5-7 days following a graft procedure. The proper care following the surgical procedure will hasten recovery and prevent complications.
10. **SMOKING** – AVOID smoking, as this can slow the healing process.

If any unusual symptoms occur, please call the office immediately at 650-964-4867 , or 650-868-8359 after office hours.

Peninsula Center for Implantology