

## Gingival Grafting Post-Operative

### Instructions Emergency Number: 509-542-9111

The gingival graft procedure is a commonly performed procedure. It is rare to have any complications from this procedure, but from time to time a complication may occur. Carefully following the instructions below will help to minimize any chance of complication.

1. DO NOT pull the lip out from the teeth except to carefully brush teeth up or down away from the gums
2. DO NOT participate in any physical activity more than mild on a scale from mild to strenuous for 14 days. Walking or biking at a normal pace is fine.
3. DO NOT participate in activities that produce significant perspiration or increased heart rate for 14 days.
4. DO NOT put your head below your waist. Bend down at the knees to pick things up off the floor.
5. DO NOT chew directly in the graft sites. Cut food into small pieces and avoid food that takes significant chewing.
6. DO NOT sleep on the graft site-put pillows under your head to prop your head up to minimize swelling
7. DO NOT talk a lot. Minimal talking is essential to avoid graft movement.
8. DO NOT use an electric tooth brush for 8 weeks
9. DO NOT floss your teeth for 1 month
10. DO take all medication as prescribed. Pain medication should be taken for the first 36 hours regardless of pain level then as needed for pain. Antibiotics and steroids (Medrol Dos Pak) prescribed must be taken for the entire length of the prescription.
11. DO ice the area alternating every 20 minutes.
12. DO report increased swelling, increased discomfort or warmth to the area after 72 hours

Only two issues lead to graft failure: Gross swelling or movement of the graft. Either of these will result in graft exposure and possible failure of the graft. After one week of healing nothing can be done until healing is completed. Neither of these instances happen if instructions are followed. It is your responsibility to be minimally active and follow instructions. Both of these are rare occurrences.

An emergency call should be made in the circumstances of obvious infection, bleeding that is not controlled, increased swelling or increased pain over at least a 4 day period. If the call is not returned within 20 minutes (due to cell service) please attempt the call until it is returned.

