



**SPECIALIZED  
PERIODONTAL  
IMPLANT TEAM**

**Alfred L. Lopez, DDS**  
10409 Montgomery Parkway NE, Suite 100  
Albuquerque, NM 87111  
(505) 717-2928  
alopez@specializedperiodontal.com

## Gingival (Gum) Graft Postoperative Instructions

Please read all of the following instructions carefully to help ensure a comfortable and complication-free recovery period:

**Prescriptions:** Start taking the antibiotics and continue taking them until they are all gone. Take the pain medication within the first 4 hours of treatment with food to prevent nausea. For moderate discomfort Tylenol, Advil or your usual pain medication may be used.

**Activity:** Avoid strenuous exercise and exertion for the first 72 hours after treatment.

**Swelling:** Begin applying an ice pack to the face in the area of treatment immediately, if instructed. The ice pack should be applied in 20 minute intervals.

**Bleeding:** If a graft was taken from the palate (roof of the mouth), the slightest trauma during eating, etc may start profuse bleeding. Don't panic; apply enough pressure with a damp 2x2 inch sterile gauze to cut off circulation. Keep applying this pressure for a minimum of 5 minutes

**Diet:** Drink nothing but cold liquids for the rest of the day e.g. malts, shakes, fruit juice- no carbonated or alcoholic beverages. For the next two days, eat soft foods e.g. bread, pasta, yogurt or cottage cheese. Use care when eating and do NOT drink using a straw. Taking a multi-vitamin is recommended while on the soft food diet.

**Smoking:** No smoking for 3 weeks following the graft is recommended, as this increases chances of bleeding and infection. Smoking can also affect the circulation of the graft and may cause the graft to slough or die resulting in recession.

**Oral Hygiene:** Avoid all rinsing for the first 24 hours. Use the Periogard mouth rinse, starting the day after treatment. Use the rinse gently twice a day for 1 minute. On the following day begin to brush all uninvolved teeth regularly, **avoiding the treated area**. The treated area should not be brushed until instructed; this may be up to 3 weeks.

**Sutures:** Some of your sutures are resorbable. If they have not come out by your first post-operative appointment, we will remove them at that time.

**Discomfort:** The area where the soft tissue graft on the roof of the mouth will probably cause you the most problem. Since you do not scab in the mouth, the area may appear ulcerated. Don't become concerned, this is normal healing.