



valley DENTAL health

Gingival Grafting Surgery Post-Op Instructions

Avoid the surgical sites until you are given specific brushing instructions at your post-operative visit.

- You may notice a film over the surgical sites. This is completely normal.
- You may brush and floss **non treated areas** 24 hours after surgery.
- Use the prescribed mouthwash twice daily, beginning the morning after surgery until instructed and then discontinue.
- Do not use an electric toothbrush for six weeks.
- Do not use a Waterpik for eight weeks.

Eating:

- Avoid alcohol, carbonated beverages, peroxide products and drinking through a straw.
- Do not skip meals. Nourishment promotes faster healing and improves general health/well being.
- Within the first 24 hours, your diet should be restricted to cool, soft foods such as yogurt, smoothies, milkshakes and dietary supplements like Instant Breakfast or Ensure. **Do not drink through a straw.**
- After 24 hours, you may gradually add soft foods to your diet such as cooked vegetables, baked fish, tuna, pasta and meatloaf. Foods should be easy to chew and swallow. Avoid hard or crunch foods like chips and popcorn or foods with small seeds.

instructions continue on next page

Gingival Grafting Surgery Post-Op Instructions (Continued):

Activities:

- Plan on resting the day of your surgery. Do nothing more strenuous than reading or watching TV.
- While sleeping, elevate your head to decrease swelling
- After 24 hours, you may resume normal routine but avoid exercise and heavy lifting for one week.

Bleeding:

- Slight bleeding or oozing is normal during the first one or two days. If excessive bleeding occurs, call our office.

Smoking:

- Smoking is detrimental to healing tissues and will affect the results of your surgery. It is preferred that you quit smoking entirely. It is not advised to smoke for three weeks following surgery.

Sutures:

- If resorbable sutures were placed, they will dissolve on their own. Non resorbable sutures will be removed at your post-operative visit.

**If you have any questions or concerns - big or small, contact our office:
410.666.1178**

For more information, please visit our website www.valleydentalhealth.com