

## Gingival graft Post-surgery advice

Gingival graft has a reputation for being painful, but this more an idea than reality. There will be sensitivity after surgery such as a sensation of a deep scratch where the operation took place. On the receiving end of the graft the pain is very weak.

### For the first 24 hours

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It will be essential to have adequate nourishment in order to have a normal healing. After the intervention your diet will have to be COLD LIQUIDS. Food supplements are strongly recommended.

Avoid: Peroxide, alcohol, carbonated beverages, drinking with a straw, smoking, or do suction.

Staying home the day of the intervention and the following day will be necessary. For the first two days talk the LESS AS POSSIBLE.

### 24 hours after the intervention

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The following day rinse your mouth with salty water or with prescribed mouth wash, until your follow-up appointment. Use cotton (Q-Tip type) to clean the plaque residue around the gums.

You may start brushing and flossing your teeth. AVOID THE AREAS THAT SURGERY OCCURRED until we give your further instructions at our post-surgery appointment. There could be a white string just above the area of the surgery, this is completely normal.

Gradually move to soft food that are easy to chew such as: cooked vegetables, cooked fish, pasta, meat loaf. Avoid taking food that has acids and vinegar.

DO NOT SKIP MEALS: eat three meals a day, you will feel better and heal faster.

Avoid chewing on the side that surgery took place until further instructions by your dentist.

AFTER 24 HOURS, you may go back to your normal routine but don not overwork yourself and no physical activities for ONE WEEK AFTER THE INTERVENTION.

MEDICATION: Take medication AS PRESCRIBED in the hour following the treatment with milk, fruit juice or a big glass of water.

SWELLING: It is normal for swelling to occur after the intervention. If **EXTREME PAIN OR SWELLING** occurs: don't hesitate to communicate with us.

BLEEDING: A light bleeding or a tinted color is normal for the first few days. If there is an excessive bleeding please contact us.

If your palate is bleeding apply pressure either with a compress or a wet tea bag for 30 minutes.

SMOKER: **DO NOT SMOKE** for 3 **WEEKS** after the intervention. Smoking slows down the healing process of the tissues and will affect the intervention's results.

**OTHER RECOMMENDATIONS:**

- Avoid chewing on pens and other objects that could be harmful.
- DO NOT USE** an electric tooth brush for 6 weeks after your intervention.
- DO NOT USE** a water-pik at least 6 weeks after the intervention.
- Avoid pulling on your lips and gums to see the graft.. Don't be curious!

RECOMMENDATIONS :

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