

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 – BE 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. **FOOD** – A light diet is advisable during the first 24 hours. Drink plenty of water and juice from a glass; avoid drinking through a straw. Avoid fatty foods. A soft diet (anything you can cut with a fork) is recommended for the first week.
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 650-964-7866.

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