



Post-Operative Instructions

Gum Grafts (Gingival Grafts)

Bleeding

Bleeding usually comes from the palate. Please apply targeted and firm pressure on the bleeding area with the provided gauzes or directly on the palatal guard if you have one, for as long as necessary. Once the bleeding has stopped and a "plug" has formed, please do not rinse, spit, swish, use a straw or smoke as they can all make you bleed again. It is not uncommon to have a little bleeding inside the palatal guard for the first couple of days. Please remove, rinse and clean with cold water before wearing the palatal guard again.

Medication

Please take your medication (pain control and/or antibiotics) as prescribed on the vials. Pain control medications are preferably started before the freezing wears off for greater comfort.

Tooth Brushing

Gentle tooth brushing is recommended in areas not related to the grafts. Avoid the grafted area(s) and the palatal providing area. The grafted area may be covered by a dressing for protection during the initial healing phase.

Follow up appointment

The follow up appointment usually lasts a few minutes and is scheduled one week after the graft to remove a dressing if there was one, as well as the non-dissolving stitches. Further post-operative instructions will be dispensed if necessary.

Palatal guard

If you have opted for this post-operative option, you may find it more comfortable to wear it during the day or at night. You may also find it more convenient for meals as the palatal area is more predictably protected. It is a nice option to resort to if you decide so.

