

1. Blood Clot and Surgical Site Protection

A thin blood clot forms between the gingival graft and the underlying tissues. This blood clot becomes fibrous and tacks the new tissue down. If the clot becomes thick (a hematoma), it will interfere with the flow of nutrients to the grafted tissue.

Slight bleeding after surgery is normal and may last for several hours. If excessive bleeding occurs, place a wet folded gauze directly over the graft to apply pressure. You may also place pressure from the outside, on the cheek. If there is no active bleeding, then leave the gauze out. Lay in a semi-reclined position. **Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity, smoking, or alcohol for 48 hours.** The blood clot is important for healing.

2. Surgical Stent

If you had a surgical stent made to protect the roof of your mouth, do not remove until day 4. After day 4, please wear it as much as possible. Take it out while doing rinses, clean it, and then place back in the mouth. When removing the stent, be careful of the graft and of the collagen patch in the palatal donor site (if palate graft was taken).

3. Rinsing

Rinsing may dislodge the graft and interrupt the normal healing process. Carefully follow these steps in order:

_____ **Day 1** (Day of surgery – first 24 hours)

Do not rinse or brush your teeth. Do not spit.

_____ **Day 2** (24-48 hours after surgery) **through day 30**

- Very, very carefully brush your teeth, using the GCMI toothpaste and the black bristled toothbrush you were given, 2 times daily. Avoid the surgical site. **Do not brush directly over graft.**
- Floss, but avoid the graft site.
- Begin rinsing **extremely gently**, using a glass of room temperature salt water (**1/2 tsp per cup**). Repeat 2-3 times daily.
- Follow with **Stella Life** mouth rinse.

4. Swelling

Cool packs and pressure outside of the surgical site will be helpful in reducing inflammation, bruising, and hematoma formation. Leave cool packs on for 20 minutes, then remove for 20 minutes, and replace as often as possible on the first day. Similar use in following days will also be helpful for reducing swelling and bruising.

5. Diet

Cool, clear liquids are best to start. **No hot liquids, carbonated beverages (soda), acidic foods and drinks for the first 2 weeks.** Eat something when you feel ready. When the numbness wears off, progress to a soft diet, but avoid seeds (strawberries, raspberries, etc.).

6. Baseline Pain

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

After day 4: you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

7. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue the narcotic pain medication and call the office.

8. AO Gel (if given) apply at least **two** times per day and after brushing (not before), if allowed to brush, and after rinsing (if rinsing).

Patient Name: _____

Ride Signature: _____

Next dose of Ibuprofen with Tylenol:
