



Instructions following Gingival Graft Surgery

You may experience swelling; this can be minimized by applying ice to the area right after surgery for the next 2-3 hours.

Absolutely NO brushing in the area of the graft for 2 weeks.

If a stent is made for you, wear the stent continuously for 2-3 days, eat and sleep with it, remove it only to brush. This will keep your discomfort level to a very minimum.

If you experience bleeding from the roof of your mouth, remove the stent and apply firm pressure with a moist tea bag for 15-20 minutes. If the area does not stop bleeding, please call our office at (508) 281-6464.

Take the pain medication as prescribed. If a narcotic pain medication has been prescribed, please **DO NOT drive or operate heavy machinery while it's in effect; please DO NOT drink alcohol while on the pain medication.**

DON'T eat or drink anything spicy or with hot temperatures for the first 24 hours.

After the first 24 hours, eat an adequate but soft diet. Keep the fluid intake high and stay away from hard crunchy foods.

Try to eat on the other side for 2 weeks.

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