

**SCOTT A. PAUL, D.D.S.**

Practice Limited to Periodontics/ Implants

*"Committed to Caring and Excellence"*

2023 West Vista Way, Suite L

Vista, California 92083

(760) 630-8727 fax (760) 631-1232

**GINGIVAL GRAFTING INSTRUCTIONS**

Please read and follow these instructions. They will make you more comfortable, promote healing and prevent possible complications.

**CARE OF YOUR MOUTH:** Begin gentle but thorough brushing 24 hours after surgery. It is essential to keep teeth as clean as possible; this helps prevent infection and promotes healing. There will be bleeding and tender spots for up to 6 weeks; clean in spite of this. Rinse with warm salt water 3 times a day (1 tsp salt for 8 oz. water) start 24 hours after surgery.

**DISCOMFORT:** Some discomfort may occur when the local anesthesia (numbness) wears off. If pain medication is prescribed, take as directed. Many times only one pain dosage is necessary if it is taken just as the numbness wears off. Some pain medications can affect your reactions, therefore, **DO NOT** drive, drink alcohol or operate potentially dangerous equipment. Always take some nourishment with your pain medication to avoid nausea.

**ANTIBIOTICS:** If antibiotics are prescribed, taken them as directed until they are **ALL GONE**. If you have questions or concerns, please call.

**GRAFT SITE:** Try not to pull or put pressure on the graft site. Please do not be concerned with the graft's different colorations. All grafts heal differently. Sutures may be lost during the first week. Don't be alarmed. The graft site can be brushed gently, but **DO NOT** floss until instructed.

**EATING:** Eat only cold, soft, or liquid foods for the first 24 hours. After the first day, stay on a semi-soft, but balanced diet. **DO NOT** eat hard, spicy, crunchy or chewy foods for 5-7 days. **DO NOT** skip meals.

**SWELLING:** Some swelling is normal, but this can be minimized by applying a cold pack. Apply for 20 minutes, remove for 20 minutes, reapply for 20 minutes, then take a 1 hour break. Continue with the above process for two days. On the third day, discontinue ice, and begin applying moist heat for 20 minutes, remove for 20 minutes, reapply for 20 minutes, then take a 1 hour break.

**BLEEDING:** A small amount of bleeding is normal. Please be aware that a small drop of blood mixed with saliva may have the appearance of more bleeding than is actually taking place. In case of persistent bleeding, hold a gauze or tea bag (not herbal) firmly over the bleeding site for 20 minutes. Vigorous rinsing and spitting prolong bleeding by removing clots.

**DRESSING:** Do not be concerned if pieces of the dressing come off during the week. If the dressing is loose, remove it or notify us.

**SMOKING:** Please **DO NOT** smoke following surgery. Tobacco smoke is an irritant to tissue. Refrain from smoking as long as possible.

**ACTIVITY:** Light physical activity is recommended for the first 24 hours.

**PLEASE CALL:** Do not hesitate to call our 24 hour number: 760-525-0949