

FREE GINGIVAL GRAFT POST-OP INSTRUCTIONS

A Free Gingival Graft is a periodontal procedure to increase the amount of "attached gingiva" on a tooth. This is the firm, bound-down gum tissue that resists recession and abrasion. As Dr. Lee will explain, this procedure is being done to turn the margin into strong, healthy tissue that will protect the bone and tooth for the future and *not* necessarily for root coverage. The tooth may still show the same amount of exposure as a result, but the gum margin will be stronger!

Avoid biting with the teeth adjacent to the grafted area for the first two or three days after the procedure. Also, avoid very hot or spicy foods, and eat primarily on the back teeth.

Discomfort can normally be controlled with aspirin or Tylenol. Please call if pain persists. Cold liquids or chipped ice are helpful in relieving any soreness.

Bleeding may occur for a few hours following the procedure, especially from the area on the roof of the mouth. Pressure with a damp tea bag for ten minutes will slow down bleeding. If a clear plastic retainer was made for you, it can be worn, if comfortable, for the first few days. Please call if you experience persistent bleeding.

Ideally, the pink dressing should stay in place for a week. Don't worry if the dressing comes off early, the area will heal well without it. The dressing is primarily for the patient's comfort. If the dressing has not come off on its own after one week, take a toothpick or your fingernail and remove it carefully.

Try to avoid brushing or flossing the surgical site for the first week. You can expect the stitches to dissolve in one to two weeks. You may resume brushing with a soft Brush or Q-tip as comfort allows.

Often a mouth rinse will be prescribed to help reduce plaque accumulation while brushing is being avoided. The rinse is best used after breakfast and before bedtime. Try to avoid eating or drinking anything after rinsing since it will wash away the mint flavor and leave a metallic taste.

TAKE IBUPROFEN AS FOLLOWS:

- 400 mg as needed for discomfort, not to exceed four doses per day.
- 400 mg four times a day for two days, then as needed for discomfort. Take prescribed pain medication as needed and directed.
- 400 mg four times a day for four days, then as needed for discomfort. Take prescribed pain medication as needed and directed.

Please call if you have any questions or concerns:

Office: (260) 471-1222
(800) 572-2655
Dr. Lee's Home: (260) 625-6515
Dr. Lee's Cell Phone: (260) 494-7496