



Special Instructions – Gum Grafts

- General Care: The most critical thing that you can do to assist with successful healing of your gum graft is to prevent any trauma to the area. Do not pull on your lip or attempt to look at the graft. Avoid pressure or bumping your face adjacent to the grafted area.

 - Dressing: The surgical site may have been covered by a putty-like dressing that will protect the area during the first few days of healing. It may stay in place until your first post-surgical visit. If it comes off before the first post-surgical visit and you are comfortable, do not be concerned. Just be sure to keep the area as clean as possible until your next visit with gentle water or warm salt water rinses. Otherwise, the dressing and any remaining sutures will be removed at the first post-operative visit.

 - Palate Protector: Leave the palatal protector in place for 24 hours without removal – then remove, rinse and replace for additional 24 hours. Thereafter, you can wear the protector as needed for comfort and protection during the first 10 days of healing. Make sure to remove the protector after each meal and rinse clean tap water.

**For extra comfort: Place a small amount of Orajel (Benzocaine topical anesthetic) on the inside of the palate protector before seating the protector in your mouth. The topical anesthetic gel will sting temporarily before numbing the area and providing significant pain relief.*

 - Bleeding: Minor bleeding/oozing is normal up to 48 hours after surgery. Bleeding may be initiated by removing the palatal protector. Replacing the protector, damp gauze with pressure or cold water held in your mouth will help slow bleeding. If bleeding continues and you become concerned, please contact us for further instructions and/or assistance.

 - Eating: Avoid biting into foods directly over the grafted areas for two weeks. Cut food into small pieces and place on untreated side of mouth. Avoid hot (temperature) and spicy foods.

 - Additional Instructions: _____

 - Contacts: Office 405-636-1411 After hours emergency: 405-627-2474 (Dr. Hager Cell)
405-214-8841 (Dr. Bowers Cell)
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