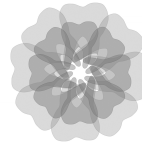


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Preserve Your Teeth
DENTISTRY

POST TREATMENT INSTRUCTIONS FOR GINGIVAL GRAFT

1. Continue antibiotics as per instructions.
2. No rinsing until second day, if no bleeding, if there is bleeding skip a day and then try rinsing again.
3. After the third day clean the dressing surface with Q-tips and Peridex or Listerine 2 X a day with very gentle rinsing.
4. Keep up consumption of protein rich foods such as fish, chicken, and ground beef. Keep up consumption of vitamin B and C rich greens, fruits and juices. Avoid steaks, chops, corn on the cob, hard rolls, bagels, etc.
5. You will need to be seen for a follow-up appointment for suture and dressing removal 7 - 14 days after treatment. Mechanical cleaning is avoided 1st 3-4 weeks of healing. Chlorhexidine rinses for 3 weeks plus use of a Q-tip is advised.
6. Avoid spicy and hot foods for two weeks while healing.
6. Best results occur when there is NO smoking for one month after procedure.
7. Avoid pulling on the lip or cheek in the area where the graft has been placed during healing
8. If there is significant bleeding, place cold pack on the outside of the cheek adjacent to the bleeding site. A wet, cold Lipton tea bag placed directly on the bleeding site helps to constrict blood vessels with gentle pressure applied. No rinsing out of clotting elements beginning to form.

If you have any questions do not hesitate to call.

Thank you for entrusting us with your care.