

Gingival Graft Post-Op Instructions

DO's

- DO take your medications.
- DO wear guard for one day as a “band-aid” (after one day, it is no longer necessary).
- DO eat soft food for 3 weeks.
- DO keep a cold compress on the area for 10 minutes on and 10 minutes off for the first day. This will keep swelling down and allow for a better healing process.

DON'Ts

- DO NOT eat crunchy food or foods with small seeds for 3 weeks.
- DO NOT brush or floss in the graft area for 3 weeks. You may rinse lightly with a mouth rinse, but avoid causing pressure in your mouth.
- DO NOT use straws or anything else that could create suction in your mouth for 3 weeks.
- DO NOT pull your lip up. The sutures may pop open from the pull.
- DO NOT worry about the tissue color. It can be white, red, pink, black, or blue and that is normal.