

Endless Smiles Dental Group – 164 West Tioga Street – Tunkhannock, PA 18657 – 836.6362

## **Care Following a Gingival Graft**

A grafting procedure has been done to improve the quality and quantity of attached gum tissue in an area of your mouth.

It is normal to experience some oozing of blood from both where the tissue was taken and also placed in your mouth. This can continue for several hours. You may have some mild swelling where the graft was placed, as well as some mild discomfort. The discomfort will generally be relieved with an over the counter pain reliever such as Tylenol or Advil.

A packing has been placed over the site to protect the grafted tissue. Try to keep the packing on as long as possible. If the packing does become loose to the point of coming off, gently remove it. The longer you can maintain the packing over the area generally the more comfortable you will be. If the packing does come off in the first week, do not be alarmed at the appearance of the underlying area, it normally does not look very pretty! At your post – operative visit we will remove the packing and any stitches that have been used.

Avoid chewing anything “crusty” or spicy the first week. A soft, bland diet is best. Keep the food away from the area, and gently rinse with warm salt water after you eat. (1 tsp. salt in an 8 oz glass of water.)

You will want to avoid brushing or flossing the area where the graft has been placed for the first week. As the area heals and the tissue toughens up, you may brush and floss the area.

If you have any questions do not hesitate to contact our office.