

Frequently Asked Questions

When can I eat? Once the anesthesia has worn off, you may eat something soft and bland. Cut your food up and place it in areas that have not been effected by your surgery, avoid hard or crunchy foods.

When can I remove the stent? After 48 hours you may remove the stent. At that time you may clean it and replace it or leave it out depending on your comfort level. We recommend you wear your stent most of the time until your first post operative visit.

How do I clean the stent? Remove the stent from your mouth and use a toothbrush to gently brush the stent.

When can I brush my teeth? You may brush the areas not treated the day following surgery. **Do not brush the area of the graft or the donor until you return for your first post operative visit.**

When does the collagen membrane get removed?

The membrane will resorb on its own, you do not need to remove it. If it does not fall off by itself, just leave it alone and place the stent over it. You may be aware of a little blood in your saliva due to the membrane, this will go away after 5-8 days.

Why does the graft look white? While the graft is healing, it will go through some color changes. This is a normal pattern of healing.

Why is it more uncomfortable at five days then right after the surgery? As the surgical site heals, around 3-5 days the nerve endings are reestablished, thus you feel more. This is a normal pattern of healing.

If you have any questions or concerns, please contact our office.
(209) 578-4153



RENA BAINS DDS Inc

PERIODONTAL & IMPLANT RECONSTRUCTION

Working Together Achieving Optimum Oral Health

Gingival Graft Home Care Instructions



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Because Dr. Bains is concerned for your comfort, please let your surgical assistant know if you would like a blanket or neck roll before your surgery. If you like, you may bring your own music player and headphones to use during your appointment. Please wear loose, comfortable clothing and eat a light meal before your appointment.

Graft Home Care Instructions

Today you have completed a plastic surgical procedure for the correction of damage and/or a deficiency of protective gum tissue around your jaw bone and teeth. In order to minimize possible discomfort, bleeding and swelling, please follow these instructions.

Medication for Pain: Please take your medication for pain as prescribed. The local anesthetic can wear away rapidly, so if you have not taken your medication for pain before treatment, take some immediately upon returning home. Please continue this for five days even if you have no pain. Sometimes the pain does not start until day three.

Stent: If you received a stent (a retainer like appliance covering the roof of your mouth), please use as directed by our nurses. In most instances you will be requested to leave this stent in place for at least two days after the surgery. It can then be removed and the Benzodent ointment provided can be coated under the stent, if needed for pain. Please note that a modest amount of the ointment is all that is necessary to assist in minimizing the soreness in the roof of your mouth. The ointment should not be needed more than 10 days. However the stent itself can be used as needed. Wear the stent at every meal for up to 10 days, longer if necessary. The appliance should be cleansed daily using warm water and a toothbrush to remove all food debris.

Rest: For 24 hours after the surgery, limit your physical activity in order to speed healing and avoid prolonged bleeding. Make an effort to keep your head elevated above your chest and avoid lying flat. This will also be helpful while sleeping the first night following the treatment as a means of minimizing any swelling.

Swelling: Applying an ice bag to your face for 20 minute intervals for the first two days after surgery will generally contribute to your comfort and minimize facial swelling. Beginning on the third day after surgery, the application of a moistened hot compress (washcloth) to the outside of your face on and off for several hours often decreases swelling and will contribute to your comfort.

Diet: A soft, bland diet is recommended. Avoid very hot foods and eliminate such things as chips, crackers, cookies, sandwiches or any crisp or crusty item that may move or displace the graft. You may chew or eat other foods in any noninvolved area of your mouth. It is not necessary that you go hungry, just use reasonable caution to minimize problems.

Bleeding: During your surgery a collagen membrane was placed, this membrane assists in forming a blood clot on the palate. Preserving this clot is crucial. In order to avoid prolonged bleeding, avoid hot liquids, **do not spit, rinse, smoke or use a straw for 24 hours after surgery**. It is also important to get as much rest as possible and avoid strenuous physical activity for the same 24-hour period. If you have a stent and bleeding persists in the palate, remove the stent and apply **damp** sponges or **damp** cotton pads to the bleeding site with firm pressure. Application for periods of 10 to 15 minutes usually proves adequate to control such bleeding. However, periodic recurrence may require repeating this procedure.

Should this prove inadequate, the following steps should be taken: Instead of using the sponges or cotton pads, wet an ordinary black (not herbal) tea bag with water and squeeze tea from the bag onto a gauze pad or cotton ball. Then apply the damp gauze or cotton ball to the bleeding site with firm pressure. Tannic acid, present in the tea, can serve to readily accelerate the formation of a blood clot. An additional piece of collagen membrane has been given to you in case you have a bleeding problem. Once bleeding has been controlled apply the piece of collagen membrane over the palatal wound (it should stick to the area) and replace the stent.

Brushing, Flossing, Rinsing: After treatment, do not brush or floss the area of the graft or the area the graft was taken from until advised to do so by our staff. Starting the day after surgery, you may brush and floss your other teeth. Hold the rinse on the graft for 30 seconds by pouching your cheek and letting it pool over the graft site, do not rinse with water after. Do not rinse or swish for five days. Forming pressure in the area by rinsing and swishing may dislodge the graft or blood clot.

Alcohol and Smoking: We ask that you do not consume alcoholic beverages for at least 48 hours after treatment. You should also know that smoking can greatly reduce the rate and quality of healing.

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