JAMES BOND
Dental Arts
James Bond DMD

Free Gingival Graft
Post-Operative Instructions

Healing after free gingival graft surgery is usually quite rapid and there is often only minor discomfort from the procedure. For mild pain, take 600 mg ibuprofen every 4-6 hours for next few days, not to exceed 3200 mg per day.

Place ice on the outer lip area of the graft site for the first two hours following the procedure. This will cut down on any swelling and help the healing process.

Try not to sleep on your face or on the graft sight side the first evening following the procedure. This could cause some bruising.

The graft site should not cause you much discomfort. Avoid pulling out your lip and continually checking the area. There are sutures to hold the graft in place and these will need to be removed in 5-7 days at your post-operative appointment.

The donor site will be where you experience the most discomfort. This area will feel like a severe pizza burn. This discomfort is strongest the first few days and then gone in 7-10 days. Avoid foods which are very hard or crunchy (potato or corn chips, nuts, etc.)

We have placed a periodontal patch over the donor site which may stay on until you return for suture removal. If it does come loose, remove it gently. Also, do your best to keep your tongue away from the area.

Do not smoke for 48 hours after the procedure and avoid smokers if at all possible. Smoke retards the healing process.

Do not exercise heavily the day of the surgery. Increased blood flow due to increased heart rate can cause bleeding from the surgical area.

Avoid brushing around the graft site. Use Peridex mouth rinse twice a day for two minutes each time for the first two weeks to kill bacteria and keep the area clean. Start your Peridex rinse the day after the surgery. Do not eat or drink for about one-half hour after using the rinse because it can cause an unpleasant after taste. Brush the rest of your teeth normally.

Call the clinic with any questions or concerns during regular hours. Or call Dr. Bond after hours at 579-2165.