

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. Take other prescriptions as directed by Dr. Cady and pharmacist.

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. Typically 15 min. on 15 min. off.

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, massaging the area, or continually checking the area. There are sutures to hold the graft in place and these will need to be removed in 10-14 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.)

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. Cady after hours at 208-241-3930.