

Gum Grafting Periodontal Procedure

Post-Treatment Instructions

1. Rest for the first 6-12 hours following the periodontal procedure to reduce discomfort, decrease swelling and speed healing. Normal daily activities are usually resumed the day following periodontal procedures, however strenuous aerobic exercise should be avoided for the first 3-5 days. Also, avoid alcohol and smoking for the first 3-5 days following procedure.
2. Do not disturb the treated area to avoid irritation, bleeding and possibly infection.
3. A plastic protector may have been provided to protect the roof of your mouth. It is important that it is worn continuously for the first 24 hours following the procedure. The protector is not a requirement for proper healing after 24 hours and can be worn depending on individual preference and comfort level. Please keep it and return it to the office on your follow up appointment. It should be removed and soaked in lukewarm water mixed with the medicated mouthwash provided for you. **Do Not Discard The Plastic Palate Protector.**
4. Some bleeding for the first 6-8 hours following gum grafting procedures is to be expected. However, if bleeding from the roof of your mouth is heavy and continuous, apply pressure to the bleeding area with gauze for 15 minute intervals until the bleeding stops. If the bleeding will not stop, call Dr. Pechak immediately at (650) 224-7726
5. Do not rinse your mouth for the first few hours. After approximately 8-12 hours you may use warm salt water to rinse your mouth gently. You may have been given an antiseptic mouth wash that is used twice a day to keep the treated area plaque-free. In addition, you may use a cotton swab with some antiseptic mouth wash to gently swab the treated area. Do not use a tooth brush or dental floss in the area of the operation. Clean all other areas normally without causing any trauma to the treated site.
6. Some swelling following gum grafting procedures is expected. The swelling will usually peak 48 hours after the procedure. You can minimize the swelling by application of ice packs for the first few hours immediately following the procedure. The ice packs should be applied in intervals, 20 minutes on and 20 minutes off.
7. If you received a prescription for antibiotics, please have it filled and take all of the medication as instructed on the prescription label. In case you should develop a skin rash, diarrhea or nausea, stop taking the antibiotic and call our office. In most cases Ibuprofen is dispensed for you to take every 4-6 hours until finished. This is very important as it will prevent swelling from happening. Please follow these instructions.
8. Some pain or discomfort is to be expected following any kind of periodontal procedure. You will receive a prescription for an appropriate pain medication. Please follow the directions of the prescription. Avoid taking medications on an empty stomach since this could cause nausea. Do not operate a vehicle or machinery while taking prescription pain medications. If you have slight discomfort that can be handled with over the counter pain medications, take two Tylenol or Advil tablets every 4-6 hours as needed.
9. Eating should be avoided until the numbness in the treated area is gone. For the first week a soft diet is recommended (milk or protein shakes, cottage cheese, soups etc.; anything you can cut with a fork.). Avoid very hot, cold and spicy foods since they can cause discomfort. Meats, vegetables and fruit can be pureed in a blender if needed. Avoid the use of straws. Do not skip meals. If you take nourishment regularly, you will feel better, gain strength and recover faster. If you are a diabetic, maintain your regular diet and take medication as usual. Try to eat on the opposite side where your procedure was done. Avoid crusty or crispy foods; or any food that can get trapped between your stitches like finely chopped herbs, seeds (poppy, strawberries, popcorn, etc) or cooked leafy vegetables like spinach.
10. Any sutures will be removed at your first or second post-treatment appointment, depending on the healing progress and the specific procedure performed.

For the convenience of our patients the Doctor or a live member of the Perio & Implant Team is on call even after hours for any urgent needs you may have post surgery, by calling **831.648. 8800**. It is our goal to exceed your expectations in dentistry.



Perio & Implant Center Of The Monterey Bay
Jochen P. Pechak DDS MSD
Diplomate, American Board of Periodontology
21 Upper Ransdale Drive, Suite 202 Monterey, CA 93940

For more information on Dr. Pechak, [GOOGLE](#) anytime.