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Periodontics & Implant Dentistry

PROCEDURES TO FOLLOW AFTER TISSUE (GUM) GRAFT

1. It is crucial that your graft is not to be disturbed until the sutures are removed from the site. **DO NOT** pull down or tug at your lip or treatment area. Any movement of the graft site can dislodge it and cause failure.
2. Very slow, light bleeding is normal for the first 24-48 hours. Use a piece of gauze only to the roof of the mouth from which the graft was taken. Using light pressure for at least 30 minutes. Re-apply if necessary. **DO NOT** apply gauze where the actual graft site is located.
If active bleeding persists, please call Dr. Field at 923-4112
3. During the first week, **DO NOT**:
 - smoke
 - suck through a straw
 - spit
 - rinse, not even water
 - brush the graft area
4. No carbonated drinks for the first 24 hours since it could interfere with the healing process.
5. Take medication and follow the directions exactly as prescribed.
6. No vigorous exercising unless approved by Dr. Field.
7. Nutrition is very important to the healing process. Soft, nutritious food (Examples: ice cream, milk shakes, cottage cheese, yogurt, pudding, jello, pasta, scrambled eggs, soup, tuna fish, pancakes, oatmeal, etc.) are fine. Avoid extremely cold or hot foods.
8. Patients with small children should make arrangements for them to be taken care of the day of surgery.
9. If you have any questions, please call (904) 273-4373 or E-Mail (jaxdentalhealth.com).