Clear Dental
cosmetic dentistry and invisalign

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AFTERCARE INSTRUCTIONS · SURGICAL DENTISTRY

CD-P23

After your Gum Graft

Keep this letter handy for the next two weeks. If anything worries you, call us. We would rather hear from you early.

PATIENT NAME

DATE OF TREATMENT

TREATING DENTIST

NEXT APPOINTMENT

Dear patient,

Your gum graft has been placed. The graft is delicate for the first 2 weeks and must not be disturbed.

01 The first 24 hours

- Bite firmly on the gauze for 30 to 60 minutes. If oozing continues, place a fresh folded gauze (or a moist black tea bag) over the site and bite for another 45 minutes.
- Do not rinse, spit, use a straw or drink through a bottle. These dislodge the blood clot that protects the wound.
- Do not smoke or vape for at least 72 hours, and ideally until your review. Smoking is the most common cause of poor healing.
- Avoid alcohol, hot drinks, exercise and heavy lifting today.
- Rest with your head raised on an extra pillow tonight.
- Apply an ice pack wrapped in a cloth to your cheek, 10 minutes on and 5 minutes off, for the rest of the day.

02 Pain relief

- Take any medicines prescribed for you exactly as directed. If you were prescribed antibiotics, finish the full course.
- Unless your dentist has told you otherwise, over-the-counter paracetamol and/or ibuprofen taken as directed on the packet usually control discomfort. Take your first dose before the numbness wears off.
- Do not take ibuprofen or aspirin if you have been told to avoid them (for example, because of asthma, stomach ulcers, kidney problems, blood thinners or pregnancy).

03 Eating and drinking

- Keep to soft, cool or lukewarm food for 2 to 3 days: yoghurt, soup (not hot), eggs, pasta, mashed vegetables, fish.
- Chew on the opposite side. Avoid hard, crunchy, spicy and small seeded foods (nuts, chips, rice, popcorn) for one week.
- Drink plenty of water.

04 Keeping it clean

- Do not brush the surgical area on the day of surgery. Brush the rest of your mouth as normal.
- From the next day, brush gently around the area with a soft brush.
- From 24 hours, rinse gently with warm salt water (half a teaspoon of salt in a glass of warm water) after meals and before bed for one week. Let the water fall out of your mouth rather than spitting forcefully.
- If you were given a chlorhexidine mouthwash, use it as directed.
- Do not touch the area with your fingers or tongue.

05 What is normal

- Slight oozing and pink-tinged saliva for up to 24 hours.
- Swelling and stiffness that peak on day 2 or 3 and then improve.
- Bruising on the cheek or jaw, which can take a week to fade.
- A slight temperature on the first day.

06 Protecting the graft

- Do not pull your lip or cheek to look at the graft. This can tear the stitches.
- Do not brush the graft site until your dentist says so (usually 2 weeks). Use the prescribed mouthwash instead.
- If you have a palate plate, wear it as instructed. It protects the donor site and reduces bleeding.
- Avoid chewing on the graft side and avoid hot, spicy and crunchy foods for 2 weeks.

Call us if you have

- Bleeding that does not stop after 45 minutes of firm pressure on gauze
- Pain that gets worse after day 3 instead of better
- Swelling that keeps increasing after day 3, a fever, or a bad taste or pus
- Numbness of the lip, chin or tongue that lasts more than 24 hours
- The palate starts bleeding and does not stop with 30 minutes of firm pressure

Emergency: If you have difficulty breathing or swallowing, rapidly spreading swelling, or bleeding you cannot control, call 000 or go to your nearest hospital emergency department.

→ Follow-up

Attend your review appointment, usually 7 to 14 days after surgery, so we can check healing and remove any stitches.

Warm regards,
The Clear Dental team

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We're here to help

Call your nearest clinic on the numbers listed at the foot of this page (中文 02 9283 6220) or email **info@cleardental.com.au**. Open 7 days across 9 clinics. In a medical emergency call 000.