

**Congratulations! You have just completed a gingival grafting procedure. Please follow the directions below to minimize discomfort and aid healing:**

- 1) DO NOT disturb the dressing over your graft site. Do not bite into any apples, etc., in this area. (This could dislodge the dressing). Call Dr. Baker if the dressing comes off within the first 72 hours. DO NOT pull on your lip, brush, or touch the area.
- 2) If you have been given a plastic stent to cover the roof of your mouth, please leave it in until the next day following your graft. (You may eat with it in, and brush over it like you would your teeth). In the morning, gently remove the stent. The dressing in the roof of your mouth may come out with it, if it does, throw this dressing away. Gently rinse your mouth with warm salt water, and brush and floss your teeth, except those near the surgery sites. After this, you may use the stent as you wish - some people keep it in all day, some leave it out - whatever you're comfortable with is fine.
- 3) Orabase with Benzocaine may be used in the roof of the mouth to help soothe this area - just put a small dab on the area with your finger or a Q-tip.
- 4) Gently rinse your mouth with warm salt water several times a day until all soreness is gone. (1/2 teaspoon of salt to medium size glass warm water - swish for 30-45 seconds.)
- 5) Avoid hard, crunchy foods while the roof of your mouth is healing, as these may cause bleeding. If you do have bleeding, take a wet tea bag and press it into the roof of your mouth (PRESS HARD) until bleeding stops.
- 6) Take all medications as prescribed.
- 7) Smoking drastically reduces the healing of gingival grafts. Please refrain from smoking for six weeks while the area heals.

**Please Call Dr. Baker if you have any questions or concerns.**

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