

Postoperative recommendations after gingival augmentation (graft)

For the next 24 hours after the surgery, you should not spit, rinse your mouth, smoke or do strenuous physical activity.

We have placed a wound-dressing in your mouth to cover the graft and you should keep it for a week. If it moves or falls before, you should remove it and discard it.

It is important to rinse your mouth very gently with salt water ($\frac{1}{2}$ teaspoon of salt in a glass of water) 3 or 4 times per day for at least 10 days. You should not brush your teeth near the graft for 10 days as well.

A diet consisting of soft food (such as yoghurts, pasta, fish...) is strongly recommended during this period. It is also not advised to eat or drink meals that are too hot, too spicy or hard.

You can temporarily ease the pain or discomfort that you may feel in your mouth by sucking ice cubes or drinking cold water. It is important also that you take the medication we have prescribed.

You may also observe occasional light bleeding after you eat. If that happens, you could gently apply a wet teabag or a sterile cotton compress where the bleeding occurs.

If you have any concern or experience complications, please contact us at 450-653-4050.