



MISSION PARK DENTAL

DR. LINDA WONG & DR. BENSON WONG

#105-595 KLO Road, Kelowna, BC V1Y 8E7
(250) 868-0030

POST OPERATIVE CARE FOR GUM GRAFTS

Some degree of post-operative bleeding and discomfort is to be expected. Swelling usually peaks on the 3rd to 4th day after surgery. Following the instructions mentioned below will reduce the chance of complications.

- Apply cold compress (ice) intermittently for the first 3 days after surgery to reduce swelling.
- Take medication as prescribed.
- **DO NOT SMOKE FOR ONE WEEK FOLLOWING SURGERY AND AVOID ALCOHOL**
- Do not touch area with toothbrush or tongue. You may begin to brush **GENTLY** in 1 week.
- Do not pull on lips or cheeks to 'check' the area, only access the area when performing regular hygiene.
- Rinse mouth and surgical area gently with warm salt water or prescribed mouthwash for 2 WEEKS, 2-3 times daily (avoid commercial mouthwashes containing alcohol).
- Prop head up on a few pillows when sleeping to help reduce swelling for first 3 days.
- Avoid physical activity or exertion for 1 week after surgery.
- Eat a soft food diet for 2 weeks eg) meal replacement, scrambled eggs, yogurt, shakes. Do not eat anything hot, spicy, hard or crunchy and avoid chewing over surgical area.
- If you were prescribed oral sedation medication, do not drive, operate heavy machinery or make important decisions for 24 hours after surgery.
- Return to follow up appointment to check for healing and removal of sutures in 3-4 weeks.

Dr. Linda Wong, DMD

Dr. Benson Wong, DMD

#105 - 595 K.L.O. Road, Kelowna, BC V1Y 8E7
www.missionparkdental.ca

Ph: 250 • 868 • 0030 Email: mpdental@shawcable.com
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