

# Littleton Dental

## Post Op Instructions

### Gum Grafts

We have transplanted a small section of gum tissue from one area of your mouth (usually the roof) to another. Our patients report moderate discomfort following this procedure, with the greatest discomfort from the site where the tissue was taken. This wound is often described as a "pizza burn" or hot coffee burn on your palate. The discomfort on the roof of the mouth is usually most intense on days 4-8.

#### **CARE OF THE ROOF OF YOUR MOUTH:**

*Purchase Orabase-B:* This is a non-prescription ointment that will relieve the discomfort on the roof of the mouth. You purchase it at the drug store.

#### **You will be given a plastic "roof", or you may use your own orthodontic retainer or denture:**

The plastic roof will be placed at the time of surgery. We will review placement and removal of the plastic roof just prior to the surgery. **The plastic roof should remain in place the day and night of surgery!** The morning following surgery, carefully remove the plastic roof and brush it with toothbrush and toothpaste. Rinse your mouth with the recommended mouth rinse and brush your teeth in the areas not affected by surgery. Prior to replacing the plastic roof, coat the inside of it with a thin layer of *Orabase*.

You may wear the plastic roof as much or as little as you like. Wearing it while eating and sleeping may provide more comfort during healing. After eating, remove the plastic roof and rinse your mouth and the plastic, before replacing it in your mouth. **Most patients wear the plastic roof for the first 2 weeks after surgery.**

You can also pat a small amount of the past on the palate where the gum tissue was removed, smooth it with your tongue if you do not care for the plastic roof.

**Do not hesitate to telephone the office of these measures do not relive discomfort.**

#### **CARE OF THE GRAFTED SITE:**

**Do NOT pull your lip out or disturb the gum graft in any way!**

Please do not rinse with any commercial mouth rinses. Use the *Peridex Mouthrinse* as directed on the bottle. We also recommend using warm salt water rinses for extra comfort and help with healing.

Salt water rinse recipe:

1 cup warm water

1 teaspoon salt

Rinse 3-4 times per day, mix it up fresh time you rinse.

\*There will probably be a pink plastic dressing on your grafted site. It will break away in a few days. If it becomes loose, let it fall out by itself, do NOT pull at the dressing and do not try to replace it, if it falls out of your mouth.

Please call Littleton Dental at:(303) 933-8880 for any question