

**DRS' TRYLOVICH, GIFFORD, MANTOR, SWENSON**

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**GUM GRAFT / GUM LIFT POST SURGICAL INSTRUCTIONS**

1. Read and follow the instructions under '**Post Surgical Instructions**'.
2. **NO BRUSHING, NO FLOSSING, NO WATERPIK in the surgical site for at least 2 weeks or until you have been seen for your first post op appointment!** Your doctor will let you know when it is safe to do so. This also includes using an electric toothbrush. You may brush and floss all your other teeth, but you must **be careful not to get too close to the surgical site**.
3. **DO NOT pull your lip up or pull it down to keep taking a look at the graft area! DO NOT touch, lick, or brush the graft site! **Doing this may dislodge the grafting material!****
4. **If your surgery required a palatal stent, leave your plastic stent in**. It will protect the donor site as it heals. **It is not necessary to remove it**. It will be removed at your first post op appointment, and the donor site checked for healing. **Do not worry about trying to rinse off your palate**, because you will continue to use the antibacterial rinse. If your palate begins to bleed while you have it in, **apply direct pressure with your thumbs to your palate until it subsides**. You may still encounter a bit of oozing, but you don't want to see a continuous, overflowing amount of active bleeding. If applying direct pressure for several minutes does not stop the bleeding, call our office or see '**Emergency**'.
5. **Emergency:**   **Dr. Trylovich** 702-324-1175      **Dr. Gifford** 702-686-3605  
                                 **Dr. Mantor** 1-801-372-2501      **Dr. Swenson** 1-970-461-6132