

**DRS' TRYLOVICH, GIFFORD, MANTOR, IRVING**

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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 for 3 days**. It will protect the donor site as it heals. 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. After your stent has been in for 3 days (if your surgery required a stent), you may take it out if it interferes with eating or talking. Take it out by hooking your finger and thumb on each side and pulling downward. We recommend though, if you do take it out for a while to eat or talk, rinse it off and put it back in. **Please note: it is not necessary to remove it**. If you can’t remove it, it will be taken out at your first post op appointment anyway and the donor site checked for healing.
6. **Emergency: Dr. Gifford 702-686-3605    Dr. Mantor 1-801-372-2501  
Dr. Irving 850-381-2660**