

# POND SQUARE DENTAL

## MUCOGRAFT AFTERCARE INSTRUCTIONS

### FOR THE FIRST 24 HOURS

- Do not rinse, spit, or swish.
- Do NOT pull your lip or cheek to look at the surgical site.
- Do not touch the graft with your fingers or tongue.
- Avoid hot food and drink until the numbness wears off.

### No physical activity

- No gym, running, sports, or exercise of any kind until instructed otherwise.

### FOR THE FIRST 7 DAYS

#### Oral hygiene

- Do NOT brush or floss the graft area.
- Brush the rest of your mouth normally, avoiding the surgical site.
- If chlorhexidine is prescribed, start 24 hours after surgery, letting it gently bathe the site (no vigorous rinsing).

#### Diet

- Soft foods ideally on the opposite side.
- Smoothies are allowed, but do NOT use a straw.
- Avoid crunchy, spicy, acidic, or seedy foods.
- No alcohol or smoking.

#### Pain and swelling

- Take any prescribed pain relief as directed.
- Mild swelling, tightness, or a pulling sensation is normal.

#### Do NOT pull your lip

- Do not lift, stretch, or move the lip/cheek to check the area.
- Leave all inspection to your periodontist.

### DAYS 7–14

- Still no brushing on the graft.
- Continue chlorhexidine if advised.
- The area may appear white, yellow, or sloughy — normal healing.
- Stitches may loosen around days 10–14; do not touch them.

### TWO-WEEK REVIEW

- You will be seen at your 2-week review, and I will instruct you further at that appointment.
- Do not change anything in your cleaning or diet until reviewed.

## LOVE YOUR SMILE