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CONSENT FOR AND SPECIAL CARE OF THE MOUTH FOLLOWING A ROOT COVERAGE GINGIVAL GRAFT

1. The purpose of the gingival graft is to stop additional recession and bone loss. Additionally an attempt will be made to cover the exposed root surface with transplanted gum tissue. The success of the graft and the amount of root coverage achieved are dependent on the amount and the health of the bone and soft tissue on the adjacent teeth as well as the stability of the graft as it heals, it may not be possible to completely cover the root or it may require multiple procedures.
2. Sutures will be placed to stabilize the graft; some of these may dissolve before you return to see us. Please do not attempt to remove them as it may decrease the success of the graft. Also please avoid lifting your lip to look at the surgical site as this can create tension on the sutures causing them to come out prematurely. A clear plastic tissue adhesive may also be used, it may come off in a few days this is not a concern.
3. Use the antiseptic or rinse with the chlorhexidine mouthwash 2-3 times each day. You may rinse with water or warm salt water at other times to dislodge food.
4. The graft site may ooze blood. This is normal. Do not attempt to apply pressure to the graft site as you may dislodge the graft.
5. The area where the graft was taken from, the palate may cause you the most problem. It may appear or feel ulcerated. Do not be concerned, as this is normal during healing. The roughness may be sutures, which are placed to speed the healing of the donor site.
6. The most common problem associated with the palate is bleeding. The slightest trauma during eating, etc. may start bleeding. Using gauze or a tea bag, and apply firm pressure. Apply this pressure for a minimum of 15 minutes. Always remove all large loose clots before applying pressure. This type of bleeding may occur from time to time after surgery.
7. The surgical areas will be much more comfortable and heal more rapidly if you avoid salty, spicy, and acidic foods. Poor healing will result if you don't maintain proper nutrition. Avoid eating in the surgical sites until we see you in three weeks. Do not chew gum or bite into sandwiches/ fruit etc. and eat soft foods. Cut food into small bite sized pieces until your post-operative visit. You may chew normally in sites where no surgery was done.
8. A dressing may be placed on the palate. Do not attempt to remove this as it may dislodge the sutures. If it comes off on its own and you do not experience increased discomfort or bleeding it does not need to be replaced.
9. Smoking appears to affect the circulation to the graft and may cause the graft to slough. It is very important, therefore, that you cut back or preferably stop smoking during the healing phase.
10. Some sensitivity of the root to cold is normal and usually goes away with time.
11. You may experience swelling and bruising of your face following your gingival graft. This is sometimes very noticeable and can result in a black eye. You have been given medications to try to reduce this. Using an ice pack on the surgical side of your face during the first 48 hours following your graft, 20 minutes on 20 minutes off, sleeping with your head elevated and being extraordinarily careful with the area to prevent additional bleeding will also help decrease the amount of swelling you experience. Following these instructions will improve the success of your graft.
12. The healing time and discomfort is variable and ranges from 1-10 days. In many cases, but not all, you will be fine to return to work the next day.
13. If you have any problems or questions, don't hesitate to call us at the office (954)-427-5700 or Dr. DeTure's cell (954)599-6425.
14. Please sign that you have read and understand these instructions, have had any questions answered and consent to this procedure as outlined above.

Date: _____ Signed: X _____ Reviewer: _____

