

POSTOPERATIVE CARE

Instructions after gum reshaping and gum grafting

These measures help protect the gums and support healing. Follow the recommendations of the dentist who performed your surgery: they may vary depending on the extent of the procedure and the presence of stitches or a dressing.

During the first 24 hours

- Rest and avoid exercise, heavy lifting and physical exertion.
- Do not rinse your mouth or spit forcefully.
- While your mouth is numb, avoid chewing and hot foods or drinks to prevent bites and burns.
- If swelling occurs, apply a cold compress to the outside of your face, wrapped in a cloth, for short periods with breaks. Do not place ice directly on your skin.

Food and drink

Initially, choose soft foods that are cold or at room temperature, such as yogurt, mashed foods and cooled scrambled eggs. During the first few days, avoid very hot, hard or crunchy foods and try not to chew on the operated area. Gradually resume your usual diet according to your comfort and your dentist's instructions. These measures follow recommendations for recovery after gum surgery.

POSTOPERATIVE CARE / CONTINUED

Oral hygiene and medications

- Brush the teeth in areas that were not operated on carefully. Clean the surgical area with a cotton swab soaked in chlorhexidine.
- Use a mouthwash, such as chlorhexidine, only if recommended, following the prescribed start time, frequency and duration.
- Do not touch the gums, stitches or dressing with your fingers or tongue.
- Take medications as prescribed. Do not start antibiotics or anti-inflammatory medication on your own.
- Avoid smoking during healing and drinking alcohol, especially while taking medication. See the instructions for care after oral surgery.

If bleeding occurs

A small amount of blood in your saliva may occur initially. If bleeding occurs, place clean, slightly moistened gauze over the site and maintain continuous pressure for 20 minutes, without repeatedly removing it to check. If bleeding does not stop, contact your dentist; heavy bleeding requires immediate care. This approach is recommended by Cambridge University Hospitals.

When to seek help

Contact your dentist if you develop fever, pus, severe pain that does not improve with medication, or pain and swelling that worsen after starting to improve. Difficulty breathing or swallowing requires emergency care.

Attend your scheduled follow-up appointment to assess healing and remove stitches when necessary.

Follow-up: _____ / _____ / _____

Office contact: +55 (61) 99648-4242