

Ronald H. Watkins, D.D.S., M.S.D.
Implant & Periodontal Wellness Center
The Park Office Complex
4455 E Camelback E-100
Phoenix, AZ 85018
(602) 840-4100

INSTRUCTIONS FOLLOWING GINGIVAL GRAFT SURGERY

1. If a surgical retainer was placed in your palate, do not remove it for the first 48 hours. After the first 48 hours you may remove, clean and rinse it. Continue to eat with the retainer in for several days or until it is comfortable to leave out.
2. Do not brush or floss the surgical area until further instruction is given.
3. Do not eat any foods with seeds or hulls. Such as popcorn or strawberries.
4. Do not pull your lip down to look at the surgical area. This may dislodge the sutures and affect the healing process.