

First visit after surgery, instructions for Sub Ep Graft with Own Tissue

1. Your sutures may or may not be removed today depending on your healing status.
2. It is advised to begin brushing the tooth surfaces away from the gingival tissue as explained at your visit. Sensitivity toothpaste will be provided if you are sensitive.
3. You can begin eating more normally however, DO NOT CHEW directly at the surgery site, DO NOT eat popcorn, peanuts or seeds.
4. It is advised to discontinue Chlorhexidine rinse if it was prescribed, as it could cause staining.
5. Salt water rinses are recommended to help the healing process.
6. We will see you back in approximately 2 weeks to check the healing.