

COUNTY CENTER DENTAL GROUP
4008 GENESEE PLACE, SUITE 205
WOODBIDGE, VA 22192
703-670-4888

GUM GRAFT POST OP INSTRUCTIONS

- Eat soft foods for **5 days** (mashed potatoes, smoothies, soups etc..)
- Keep gauze in for **2-3 hours**
- After **5 days**, move to food with more substance (cooked chicken, fish, pasta)
- **DO NOT BRUSH ANYWHERE** in your mouth for **7 days**
- Use Peridex mouth rinse **2 times** a day at least
- No heavy lifting for **7 days**
- No jogging/exercising for **7 days**

• Talking and laughing should be at a minimum

• Follow all of these instructions until we see you again