

Post-Surgical Instructions for: Alloderm™ Soft Tissue Grafting

There is no healing that occurs for the first 24 hours after a surgical procedure. The natural response to an “injury” is swelling. The body always responds to an injury with a predictable inflammatory response, as the first step towards healing. Our Post-Op instructions are designed to set up an environment of minimal swelling. Your grafting procedure was performed using a minimally invasive pouch procedure. Because it is a “closed” site, it is more subject to post-operative swelling. It is very important that the post-operative instructions are followed

Brushing / Flossing

- Do not brush or floss the treated area(s) for 1 week. You will be scheduled for a follow-up appointment in 7-10 days and specific brushing /flossing instructions of the area(s) will be reviewed at that time. You may notice a white film over the surgical site. This is completely normal
- You may brush and floss all other teeth normally on the day following surgery
- Do not use a Water Pik or an electric toothbrush such as Sonicare or Oral-B Braun at the surgical site for 8 weeks following surgery

Anti-Oxidant Gel

- You will receive a bottle of AO ProVantage antioxidant gel (PerioScience company) to be applied 4-5 times daily. It is very soothing and promotes healing. Apply two pumps to the surgical site or on the tip of your tongue. You can apply the gel with your finger tip or rub it along the grafted area with the tip of your tongue. **Continue using until gone**

Eating

- For the first 24 hours adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to cold liquids. Yogurt, smoothies, milkshakes and dietary supplements such as Instant Breakfast or Ensure are good choices. Avoid Peroxide, Alcohol and Carbonated Beverages
- After 24 hours soft foods can be eaten. Fish, pasta, meatloaf and cooked vegetables which are easily chewed are acceptable. Avoid crunchy, hard, spicy, salty foods (pretzels, nuts, chips) as they will irritate the treated area(s). Avoid chewing at the surgical site for two weeks.
- Avoid hot foods or liquids for 7 days as they will increase swelling to the treated area(s). Warm foods can be consumed but not hot!
- **Avoid drinking with a straw for 7 days as this can create bleeding.**

Work/Activities

- Plan to rest at home the remainder of the day of surgery and the following day. It is not advised to return to work the same day of surgery due to discomfort and possible bleeding. You likely will be able to return to work the following day
- When sleeping elevate your head to decrease swelling
- You may return to normal daily routines after 24 hours but avoid exercising or heavy lifting which will elevate heart rate for 5 days
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day. You are NOT to drive until the following day**

Discomfort / Swelling / Use of Ice Packs

- Swelling is the body’s normal reaction to surgery and eventual repair. Your swelling may increase until 3 days post-operatively. This is totally normal. If you experience an increase in swelling beyond the third day or increase in discomfort, call our office.

- You should place a cold pack on the outside of the face, over the treated area, for 10 minutes, and then take it off for 10 minutes. Continue this 10 on 10 off as much as possible for the first 24 hours during your waking hours
- It is normal to experience some pain, throbbing or discomfort. Typically the most soreness occurs during the first 1-2 days. Mild discomfort can last up to one week
- Minimize talking as much as possible the first day in attempt to help with discomfort
- Bruising to the cheek or chin may occur

Bleeding

- Some medications may increase post-operative bleeding such as Aspirin, Plavix, Xarelto, Eliquis
- You may experience some bleeding or oozing from the grafted area. Because your graft was placed in a pouch, there will be minimal visible bleeding that will show in your mouth. Sometimes any bleeding in your mouth that mixes with saliva can look more than it is.
- **If you experience excessive bleeding**, follow the directions below:
 - Apply light to medium pressure with 3 fingers to the outside of the face (upper or lower lip) overlying the area where grafting was performed
 - Do NOT apply pressure to the tissue on the inside of the mouth
 - A dark blood clot may form around the gums. Do not worry and do NOT disturb the clot by attempting to remove it. It will eventually release on its own
 - **If bleeding continues call the office @ 317-844-2792 or Dr's cell 317-691-4169**

Antibiotic / Steroid Dose Pak / Anti-Oxidant Gel

- Take all medicine as directed until gone

Pain Medication

- Take as needed
- Ibuprofen, Tylenol, Advil, or prescribed medication

Sutures

- Sutures (stitches) are not dissolvable and will need to be removed by us. They may slightly untie, and become loose. If your lower gums were treated you may feel the stitches with your tongue on the back side of your teeth. Do NOT attempt to pull or remove the sutures.

Smoking

- You should not smoke following graft surgery for 3 weeks as it will delay the healing process, cause bleeding, and compromise the result of the graft. If you can stop for 3 weeks you may as well quit all together 😊😊😊

1 Week Follow-Up Appointment

- Healing will be assessed

3 Week Follow-Up Appointment

- Sutures will be removed

3 Month Follow-Up Appointment

- Final healing will be assessed

Questions or Concerns

Office # 317-844-2792

Dr's Cell # 317-691-4169