

Post-Surgical Instructions for: Alloderm™ Soft Tissue Grafting

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. Post-operative instructions are designed to set up an environment of minimal swelling and optimal healing. Your grafting procedure was performed using a minimally invasive pouch procedure. Since this is considered a “closed” site, it is more subject to post-operative swelling. **It is very important that you follow these post-operative instructions**

Brushing / Flossing

- Do not brush or floss the treated area for 1 week. You will return in approximately 1 week and specific brushing/flossing instructions will be reviewed at that time
- All other teeth may be brushed and flossed normally the day after surgery
- You may notice a white film over the surgical site. This is normal. Do NOT attempt to brush or wipe it off
- Do NOT use a WaterPik or a power brush (such as a Sonicare or Oral-B Braun) at the surgical site until your final visit in 3 months

Eating

- First 24 hours, adequate nutrition is essential for normal healing and your diet should be restricted to cold liquids (i.e. yogurt, smoothies, milkshakes and dietary supplements such as Instant Breakfast or Ensure) Avoid peroxide, alcohol and carbonated beverages
- After 24 hours, soft foods that are easy to chew can be eaten. (i.e. fish, pasta, cottage cheese, mashed potatoes, meatloaf, cooked vegetables etc.)
- Avoid crunchy, hard, spicy or salty foods (pretzels, nuts, chips) as they will irritate the treated area
- Avoid chewing at the surgical site for 3 weeks
- Avoid hot foods or hot liquids for 7 days as they will increase swelling. Warm foods are acceptable
- Avoid drinking with a straw for 7 days as this can create bleeding

Discomfort / Swelling / Ice Packs

- Swelling is normal and typically occurs within 3 days post operatively. If you experience an increase in swelling beyond the 3rd day or increase in discomfort, call our office
- During the first 24 hours (during your waking hours) you may place a cold pack on the outside of your face near the treated area repetitively, 10 minutes on 10 minutes off, to help with swelling
- It is normal to experience some pain, throbbing or discomfort. Typically the most soreness occurs during the first 2 days. Mild discomfort can last up to 1 week, sometimes longer
- Minimize talking as much as possible the first day in attempt to help with discomfort
- Bruising to the cheek or chin may occur
- Do not sleep on the treated side. Sleep slightly propped up to help with swelling

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. Since your graft was placed in a pouch, there will be minimal bleeding visible in your mouth. Sometimes bleeding mixed with saliva can appear to be more than it actually 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/cheek) 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 attempt to remove or disturb the clot. It will eventually release on its own
 - **If bleeding continues, call the office 317-844-2792 or the emergency phone number on the back page**

Sutures

- Sutures (stitches) will be removed in 3 weeks. You may be able to feel the stitches with your tongue. They may slightly untie, and become loose. Do NOT attempt to pull or remove them

Smoking

- You should not smoke for 3 weeks as it will delay the healing process, cause bleeding, and compromise the result of the graft.

Work/Physical Activities

- It is not advised to return to work the same day of surgery due to discomfort and possible bleeding. You will likely be able to return to work the following day. However, an extra day of rest is great for healing
- When sleeping, elevate your head to decrease swelling
- Avoid exercising or heavy lifting for 5 days as bleeding can occur
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day. You are NOT to drive until the following day**

Medications

- **Steroid Dose Pak**
Begin taking the day before your appointment. Take as directed until gone
- **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
Dispense 1-2 pumps (depending on number of teeth) onto your finger and apply to the grafted area
You will use for several weeks until gone
- **Antibiotic**
Take as directed until gone. Many antibiotics counteract oral contraceptives, therefore the use of alternative contraceptives to prevent pregnancy is recommended
- **Pain Medication**
Take as needed (i.e. Ibuprofen, Tylenol, Advil, or prescribed medication)

Follow up appointments

- 1 Week** Review of brushing/flossing
- 3 Week** Suture removal
- 3 Month** Final assessment/photos

Questions or Concerns

Office -317-844-2792
 After hours emergency for Dr. Kurt – 317-691-4169
 After hours emergency for Dr. David – 317-405-7420

Surgical Assistant _____

First follow up appointment

Date _____ Time _____ a.m. p.m.

We will call you to schedule