

ALLODERM TISSUE GRAFT

Post – Operative Instructions

Day of Surgery:

- For the first 24 hrs post op, ice 10 min on, 10 min off. Not after 24hrs as it will affect healing
- No activity for remainder of day following appointment & for 24hours later (limit talking, exaggerated mouth movements or facial expressions)
- No looking (peeking)** at the site, pulling at your cheek or lips or NO big mouth movements as this could lead to the graft failing.
- Do not brush or floss the surgical area until advised by the dentist**
- Do eat cold & soft foods for the first 24hrs after procedure. After 24hrs, warm soft foods but eat on other side of mouth for 2-3 weeks. Do NOT drink hot liquids.
- Do not rinse your mouth vigorously
- Do not drink liquids through a straw
- Do not smoke or use smokeless tobacco products
- Do not eat hard, solid foods (peanuts, popcorn, chewing gum, chips etc) for at least two weeks.
- If swelling or pain increases after 3 days then please contact our office.
- Apply periosciences AO ProVantage 5x daily with tongue. Use a pea size amount starting evening of surgery & every 3 hrs daily for 1st week, then 3x daily until the sutures are removed
- Do not exercise for 1 week
- Do drink plenty of liquids (as long as the previous instructions about liquids are followed)
- All medications that interfere with clotting such as Aspirin, Vitamin E, fish oils stop for 1 week prior to procedure. Advil and Tylenol are ok to use.
- No alcohol consumption for 1 week

Swelling:

Swelling and/or brushing may occur.

Telephone Dr. Cam Brauer (403)-804-8719 or Dr Scott Townsend 403-519-0086. If you experience any of the following symptoms:

- Fever lasting more than 1 day
- Swelling or pain which begins 3 or more days after surgery
- Difficulty breathing
- Excessive bleeding
- Discomfort not controlled by your prescribed medication
- Anything else that concerns you