

Custom*Periodontics & Implantology

Shelby Nelson DDS, MS

Post-op Instructions Alloderm/CT Graft

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing.

Follow these post-op instructions to achieve optimum results.

1. **Absolutely no activity for 24 hours** and only light activity in the week to follow. Heavy activity will increase blood flow, which can lead to bleeding and swelling. In addition, any movement of your lip and facial muscles will delay healing. I know you are excited about your new gums, but don't pull on your lip and show all your friends just yet!
2. **ICE:** Alternate every 15 minutes with the ice pack (15 min on/15 min off). This will accelerate your healing and minimize any swelling or bruising.
3. **Ibuprofen:** Continue to take 600mg of Ibuprofen every 4-6 hours for the next 3-5 days. If you are not hurting, it is because the medicine is working so keep taking it.
4. **SLEEP** with your head elevated at night. This will also help to minimize any swelling.
5. **FOOD:** Only liquids or foods that resemble a liquid for the first week. Nothing hot for the first 24 hours. Yes I'm sorry but you need to eat your soup and drink your coffee at room temp. Avoid chewing in the area treated with the graft until told otherwise. By avoiding any trauma/movement in the area you will drastically improve the results.
6. **HYGIENE:** Absolutely **NO** brushing or flossing the area of your graft for the first 2 weeks. Cleanse the area with the Peridex mouthwash using a q-tip to gently wipe around the tooth.
7. **ANTIBIOTICS:** Take your antibiotics until they are completely finished.
8. **SUTURES:** Your sutures will not dissolve. They will be in place for at least one month so try not to play with them with your tongue. The sutures will be removed when the tissue is stable.
9. **EMERGENCY:** Should you have any problems with bleeding, swelling or pain please call (214)454-3816 and leave a message at the tone. Your call will be returned right away.