

NY IMPLANT DENTISTRY  
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PERIODONTICS, AESTHETIC AND IMPLANT DENTISTRY

## Alloderm Post-Operative Care Instructions & Information

There is no healing that occurs in the first 24 hours after a surgical procedure. The natural response to 'injury' is swelling. The body always responds to an injury with a predictable inflammatory response, as the first step toward healing. Our Post – OP instructions are designed to set up an environment of minimal swelling, to enhance the healing phase. 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 AND FLOSSING

Begin brushing and flossing the areas not operated on the day following surgery. **AVOID THE SURGICAL** sites until given specific instructions at your post-operative visit. You may notice a white film over the surgical site. **This is completely normal.**

### ANTI-OXIDANT GEL

At your surgical visit, you will receive **AO Provantage Gel**. It is dental anti-oxidant gel that is very soothing and promotes healing

### ELECTRIC TOOTHBRUSH

Continue use of the electric brush but **DO NOT BRUSH** the surgical site for 8 week following surgery!!!!!!!!!!!!!!

### WATER PIK

**DO NOT** use the Water Pik for at least 8 weeks following surgery.

### MOUTH RINSE

**DO NOT** use Listerine containing alcohol during the first 8 weeks of healing. A non-alcoholic rinse should be used in conjunction with **AO PROVANTAGE Gel**.

### EATING

**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. **THINGS TO AVOID: PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW**

### EATING

**AFTER 24 HOURS:** You may have soft foods such as fish, pasta, meatloaf, or anything that is easily chewable. You should use utensils and avoid chewing at the surgical site for two weeks but **DO NOT SKIP MEALS**. If you take nourishment regularly, you will feel better, gain strength, and have less discomfort and heal faster.

### ACTIVITIES

**FIRST 24 HOURS:** Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV, or work at your desk at home. When sleeping, elevate your head to decrease swelling. **DO NOT** touch the surgical site.

**AFTER 24 HOURS:** You may return to normal daily routine but avoid strenuous activities- such as heavy lifting, or exercise programs which elevate your heart rate, for one week following surgery.

## SMOKING

**DO NOT SMOKE for three weeks after surgery.** Smoking is detrimental to healing tissues and will affect the results of the surgery. If you can stop smoking for three weeks post-operatively, you may as well quit all together!!

## MEDICATIONS

### Pain Medications:

Take pain medication within one hour after treatment with milk, fruit juice, or a full glass of water.

**NEVER** take pain medication on an empty stomach. This medication may be repeated every 4-6 hours as needed for discomfort. **DO NOT USE** Aspirin, Advil and Aleve can contribute to bleeding problems. Only the non-aspirin pain reliever, Tylenol is acceptable.

RX: \_\_\_\_\_

### Antibiotics:

Take prescribed antibiotics as directed until all have been taken. You will begin this antibiotic one day prior to surgery.

RX: \_\_\_\_\_

### Swelling:

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 and increase in swelling beyond the third day or an increase in discomfort, **CALL** our office. Should you be given a steroid prior to surgery, the following will be taken as directed:

RX: \_\_\_\_\_

## BLEEDING

Because your graft was placed in a pouch, there will be a 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 excessive bleeding occurs, **DO NOT put pressure on the area. DO NOT continue to rinse. Please call our office.**

## SUTURES

We do not use the type of sutures that dissolve by themselves for grafting procedures. This type of suture begins breaking down 7-10 days after placement. When they start to dissolve it causes inflammation at the surgical site. Inflammation is not good for the graft and can cause an adverse reaction. We have used a suture that is non resorbable. This type of suture used is very clean and actually repels bacteria. Your sutures will be removed at the two month post op visit (to be determined by the doctor). There will be very little sensation associated with suture removal and requires no anesthesia. Should you require antibiotic coverage for any medical conditions, you will need to pre-medicated at that visit.

**It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or concerns, please call us at anytime**

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