



NOSE

CREEK

DENTAL

CENTRE

Post-Op Instructions ALLODERM TISSUE GRAFT

Day of Surgery:

- For the first 24 hours post op, ice 10 min. on, 10 min. off. Not after 24 hours as it will affect healing.
- No activity for remainder of the day following appointment & for 24 hours later (limit talking, exaggerated mouth movements or facial expressions)
- No looking g(peaking) at the site, pulling at your 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 and soft foods for the first 24 hours after procedure. After 24 hours, warm soft foods but eat on the other side of the 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 tobacco products or vaping 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 5 X daily with tongue. Use a pea size amount starting evening of surgery & every 3 hours daily for 1 week, then 3 X daily until the sutures are removed.
- Do not exercise for 1 week
- Do drink plenty of liquids (as long as the previous instructions about fluids is followed)
- All medications that interfere with clotting such as Aspirin, Vitamin E, Fish oils stop 1 Week prior to procedure. Advil and Tylenol are ok to use
- No alcohol consumption for 1 week

Swelling:

- Swelling and / or bruising may occur

Call your dentist if the following symptoms occur:

- 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 medications
- Anything else that concerns you

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