

## INSTRUCTIONS TO OUR PATIENTS FOLLOWING ALLODERM SOFT TISSUE GRAFTING

**MOUTH CARE:** **DO NOT** brush or floss area for 3-4 weeks. **DO NOT** lift lip to look at surgical site, this could cause sutures to pull or possibly tear. For the first two weeks, the antibiotic will control the plaque. After two weeks, dab cotton swab in Chlorhexidene and onto the **tooth**, but avoid touching the gums. At 3-4 weeks, after suture removal, light brushing may resume on teeth only. Slowly progress to brushing on gums over 4-6 weeks. After sutures are removed gentle swishing with warm salt water (3 times daily) may begin. Smoking will delay the normal healing phase and increase the risk of bleeding. You should refrain from hot fluids the first 24 hours. Do not use a straw or expectorate the first day.

**DISCOMFORT:** Following soft tissue grafts, a certain amount of discomfort can be expected. To minimize discomfort in the surgical area, take the prescribed medication or your usual pain reliever. You should not drive a car or operate dangerous equipment while taking the stronger narcotic pain medication prescribed.

### MEDICATIONS:

- Take the first day of the steroid all at once as soon as it is received from the pharmacy. Take the entire remainder of the steroid as prescribed. **DO NOT MISS A DOSE.**
- Take the Ibuprofen for at least 1-2 days. **Discontinue as soon as possible.**
- Take the narcotic or stronger medication only as needed for additional discomfort. The narcotic medication can be taken in addition to the Ibuprofen medication.
- **IMPORTANT: DO NOT** discontinue the Ibuprofen medication while taking narcotic medication. It is safe to take the 2 medications together.
- Take the entire antibiotic for 14 days.

**BLEEDING:** A slight amount of bleeding should not be alarming. However, if the bleeding is excessive or continues over a long period of time, please call the office.

**DIET/EATING:** Eat only soft foods until sutures are removed at 3-4 weeks, however avoid hot foods the first day to help prevent bleeding problems. If possible, eat on opposite side of surgery. If a whole arch has been completed (top or bottom), eat particularly soft foods, as gently as possible. Remember a proper diet is essential for healing and is helpful to prevent nausea from the pain medication.

**POST-OP VISIT:** Usually your first post-operative appointment will be scheduled in 7-14 days. If any problems develop which concern you or if you need anything, do not hesitate to call either one of us at the office or at home. We are ready to help at any time.

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