



Post-Operative Instructions Soft Tissue Grafting (Alloderm)

1. Place an ice pack on your face over the treated area (15 minutes on, 15 minutes off). Repeat this cycle at least 2-3 hours or until retiring. Swelling is a normal response to the surgery we have performed. Normal swelling sometimes begins as late as the 3rd or 4th day following surgery.
2. Take your prescribed medications as directed.
3. Do not brush or floss the grafted area until instructed to do so.
4. Use the prescribed antibacterial mouth rinse as directed.
5. Do not chew on the grafted area for two weeks.
6. Eat soft foods only for the first two weeks.
7. Avoid strenuous activity for 2-3 days.
8. Smokers should refrain from smoking for at least 3 days and for as long as possible after surgery.

Occasionally an area of the graft (Alloderm) may become exposed from under your gum. This will appear as a white tissue. Please do not disturb this as healing is continuing underneath it. If you have any concerns feel free to call the office.