

The Teeth Doctors

Alloderm Post Op Instructions

Alloderm post-op instructions:

- Discontinue NSAIDS (Advil, Aleve, Motrin), vitamin E, and fish oils for one week following procedure. Patients must inform providers if they are taking anticoagulants prior to procedure.
- Smoking is prohibited for four weeks following the completion of Alloderm therapy.
- Systemic antibiotics: consume two pills (Zithromax 250mg) the day prior to appointment. Continue one pill each day thereafter until complete (10 days).
- Ice: for first twenty-four hours (10 minutes on and 10 minutes off)
- Foods: consume cool foods and liquids during the first twenty-four hours. Warm soft foods can be consumed after first twenty-four hours. Avoid eating directly at the surgical site for the next four weeks. A regular diet can resume eight weeks following surgery.
- Activity: its best to not engage in strenuous activity in first twenty-four hours following surgery. No exercise for one week. Patients should limit talking, exaggerated facial expressions, and lifting lip to look at healing site.
- Brushing: do not brush the surgical site directly for next two weeks. Brushing should be completed in the adjacent areas using a soft bristle brush.
- Oral medicaments: use Stellanlife or PerioScience Antioxidant gel a minimum of three times daily. These medicaments can also be used more frequently if you wish.
- Swelling: some swelling is normal. Typically, it increases until day three. Increase in swelling beyond day three days possibly indicates infection.
- If site is disturbed within first two weeks, it cannot defend itself. The graft will likely fail. Alloderm can recover after two weeks.
- Suture removal: is typically scheduled for several weeks following insertion of Alloderm materials. Sometimes sutures may loosen prior to removal. Do not attempt to remove sutures. Please phone the office to schedule evaluation and potential early suture removal.