

## GUIDELINES FOR GUM GRAFTING WITH ALLODERM™

### GENERAL GUIDELINES

- Take your medication as prescribed. Start one (1) day before the procedure or as recommended by your dentist.

### PREOPERATIVE INSTRUCTIONS

- Do not take aspirin 10 days before and 10 days after the procedure.
- Do not consume alcohol at least 24 hours before the procedure.

### POSTOPERATIVE GUIDELINES

- **DO NOT SMOKE FOR THREE (3) WEEKS AFTER THE PROCEDURE** to maximize the treatment's success rate. Nicotine can compromise graft survival and cause the procedure to fail.
- Do not look at or touch the graft site as it must remain immobile for the first two (2) weeks.
- Do not eat or drink for two (2) hours after the procedure.
- It is very important to apply an ice pack wrapped in a damp towel for at least 15 minutes every hour following the procedure.
- Slight face swelling and bruising is common and normal. Swelling peaks within 48 to 72 hours after the procedure before disappearing over the course of the following days. Warm compresses can be applied for 15 minutes every hour to help reduce swelling.
- Some skin discoloration may occur; this is normal and no treatment is required. Your skin will return to normal within approximately two (2) weeks.
- Do not rinse your mouth for the first 24 hours. Afterward, rinse your mouth with medicated mouthwash for two (2) to three (3) weeks, twice a day or as prescribed.
- Take your antibiotics and medications as prescribed.
- Do not drink through a straw or spit for 24 hours after the procedure.
- It is normal for your saliva to be tinged with blood for about one (1) day. If bleeding continues for a prolonged period, replace the sterile gauze pad with a wet tea bag and apply gentle jaw pressure for two (2) hours.
- Limit your diet to cold liquid options and avoid spicy foods for the first 24 hours. Chew and eat on the opposite side of the graft for the first three (3) weeks. Your diet should be a little softer during this period (for example: no chips).
- Do not use commercial toothpaste or mouthwash until given approval by your dentist. Your follow-up appointment will take place two (2) weeks after the procedure.
- Do not floss in the graft area for the first four (4) weeks or until given approval by your dentist.
- **AVOID OVERWORKING** and excessive activity (including sports) for 48 hours following the procedure.
- Two (2) days after surgery, gently clean the surgical site with chlorhexidine (prescribed mouthwash). Gently brush your teeth without toothpaste, avoiding the graft site. Do not use an electric toothbrush for four (4) weeks.
- Use the prescribed mouthwash to rinse your mouth. If you run out of mouthwash, use a mixture of ½ teaspoon of salt in a glass of warm water. Do not use commercial mouthwash.

Caution: because the prescribed mouthwash may stain, you should thoroughly brush your tongue.

- The sutures are non-absorbable. Those that are visible on the gum will be removed in one (1) month. The sutures attached to the AlloDerm™ under your gum (not visible) will be removed in three (3) months. This is done without surgery, without anesthesia, and without pain.

I have read and understood the preoperative and postoperative guidelines, and I have signed :

Patient's signature \_\_\_\_\_ Date \_\_\_\_\_

Dentist's signature \_\_\_\_\_ Date \_\_\_\_\_