



BE SURE TO PICK UP YOUR PRESCRIPTIONS
POST-OPERATIVE INSTRUCTIONS
ALLOGRAFT & SUB EPI GRAFT PROCEDURES

******IT IS IMPORTANT THAT YOU ABIDE BY THE FOLLOWING RECOMMENDATIONS
TO ENSURE PROPER HEALING, MINIMAL DISCOMFORT AND OPTIMIZE YOUR SURGICAL RESULTS******

FOR THE NEXT 2 WEEKS

- DO NOT:**
- 1) Use a straw, spit or chew on the side of the surgery
 - 2) Smoke or use smokeless tobacco
 - 3) **Examine, disturb or play with the surgical site**
 - 4) Brush the surgical site – brush all other areas w/soft bristles and use the prescribed Prevident toothpaste twice a day.
 - 5) Use any toothpaste with whitening or tartar control
 - 6) Use over the counter mouth rinses
 - 7) Bleach you teeth
 - 8) Remove or shorten any of your sutures – Please call the office
 - 9) **Please do not have any dental treatment performed without first contacting our office. During the next 3 months following surgery**
 - 10) Eat foods that require a lot of chewing (see suggestions on the back)

******NO EXERCISING FOR 1 WEEK AFTER SURGERY – THIS INCLUDES VIGOROUS WALKING, WEIGHT LIFTING, AEROBICS, CARDIO, SWIMMING, JOGGING.....AVOID ANY ACTIVITY THAT WILL ACCELERATE YOUR HEART RATE******

- AVOID:**
- 1) Foods that require a lot of chewing (see suggestions on the back)
 - 2) Popcorn, nuts, chips, taco shells, seeds and any other hard small food that could work its way under the gum tissue.
 - 3) Highly seasoned foods
 - 4) Citric fruit juices and alcoholic beverages

- PLEASE DO THE FOLLOWING:**
- 1) **Use ice packs.** Swelling around the surgical site is expected. You can reduce the swelling by placing an ice pack on your face, 10 minutes on, 10 minutes off for the first **48 hours after the surgery**. Swelling will peak the third day after surgery. Bruising may occur in the area of the surgery.
 - 2) **Take all medications as directed until all are taken regardless if you are feeling no discomfort.**
 - 3) Use AO Gel as prescribed.

- YOU MAY EXPERIENCE:**
- 1) Slight fever or chills. Don't be alarmed. After any surgery, there is a potential to have a fever. Please call the office if it persists for more than 24 hours or if it rises above 101 degrees. Do not take your temperature by mouth.
 - 2) Sensitivity that could last a few days to a few months after the surgical procedure.
 - 3) Slight bleeding or oozing from the surgical site which is normal.

Post-surgical appointments: All appointments with your general dentist should be cancelled until Dr. Crofcheck has released you back to their care. Correspondence letters will be sent to your general dentist to keep them updated.

Eating after your surgical procedure

Do not bite into your food. Cut your food into bite size pieces. Start out with liquids or very soft food for the first two days and gradually progress to firmer foods. Everyone is different – just eat on the other side of the surgery site and use common sense. Good nutrition is important for good healing. If you do not feel like eating a big meal, consider eating several smaller meals.

Suggestions for the first two days: ice cream, yogurt, carnation instant breakfast malts, jello, soups, non- citric fruit juices, egg salad, pudding, milk shakes, ice tea, pimento cheese, canned fruit (peaches, pears, fruit cocktail)

Suggestions for firmer foods: eggs, meatloaf, noodle casseroles, spaghetti w/meat sauce, macaroni and cheese, soups, stews, oatmeal, cream of wheat, soft vegetables (beans, peas, squash, cooked carrots)

Patients with an upper stent (retainer): Please leave the retainer in for 48 hours before removing. When you remove it there may be a blood clot attached, this is normal. Rinse it clean, then re-insert. The retainer acts as a band aid to protect the palate and is for your comfort. Please leave it in when eating. You can leave it out more as you become more comfortable.

PLEASE DO NOT HESITATE TO CONTACT THE DOCTOR WITH ANY QUESTIONS OR CONCERNS

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