

ALLODERM Root Coverage Surgery Post-Op Care **Instructions**

Care of the mouth

Brushing and flossing – Begin brushing and flossing the area not operated on the day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your postoperative visit. Typically we want to avoid brushing the surgical area for 3 weeks. After one week you may clean the surgical area with a cotton swab dipped in the prescribed mouthwash. You may notice a white film over the surgical sites – this is completely normal.

Mouthwash – Use the **prescribed mouthwash** only twice daily beginning the morning after surgery until instructed to stop.

Electric toothbrushes – **DO NOT** use an electric toothbrush such as a Sonicare or Oral-B Braun for 6 weeks following surgery.

Water Pik or Water Flosser– **DO NOT** use a Water Pik or Water Flosser for at least 8 weeks following surgery.

Eating

First 24 hours – Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to cool foods – yoghurt, smoothies, and milkshakes. Dietary supplements such as Instant Breakfast and Ensure are good choices. **AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.**

After 24 hours – Gradually progress to soft foods such as cooked vegetables, baked fish, tuna, pasta and meatloaf, which are easily chewed and swallowed. **DO NOT SKIP MEALS.** If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster.

Activities

Rest – Plan to rest at home the remainder of the day of surgery. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling.

After 24 hours – You may return to your regular schedule, but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for one week following surgery.

Medications

Pain medication – Take pain medication within one hour after treatment with milk, fruit juice or a full glass of water. Never take pain medication on an empty

stomach. This medication may be repeated every three to four hours as needed for discomfort. **DO NOT USE ASPIRIN** or products containing aspirin for one week following surgery. Aspirin can contribute to bleeding problems. Only the non-aspirin pain reliever, Advil and/or Tylenol is acceptable.

Antibiotics – Take prescribed antibiotics as directed until all have been taken. You will begin this medication on the day prior to surgery.

Steroid Dose-Pak – **If prescribed** take as directed. You will begin this medication the day prior to surgery.

Swelling

Ice packs – some swelling is normal and will likely occur after periodontal surgery, especially in the first 24 - 48 hours after surgery. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area, for 10 minutes and then take it off for 10 minutes. Do this for about 40 minutes, then refreeze the reusable ice packs and apply again after 1 -2 hours. Continue to apply ice packs as much as possible the first 24 hours after surgery.

Bleeding

Slight bleeding or oozing is normal during the first 1-2 days following surgery. If excessive bleeding occurs, please call our office.

Smoking

DO NOT SMOKE for 3 weeks after surgery. Smoking is detrimental to healing tissues and will affect the results of surgery.

Sutures

Resorbable – The resorbable sutures used under the gum tissue usually will be resorbed by the time you return for your 2nd post-operative visit.

Non-resorbable – If non-resorbable sutures were placed, they will be removed at your 2nd post-operative visit.

If you have any questions or concerns, do not hesitate to contact one of our team members for assistance at any one of our three offices in the GTA:

**Richmond Hill Dentistry - (905)787-8764
Malvern Dental (Scarborough) at (416) 297-5513
Nottingham Dental (Ajax) at (905)427-2027.**

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