



1830 – 14th Ave. South * Birmingham, AL 35205
(205) 933-5511

CARE OF THE MOUTH FOLLOWING AN ALLODERM® SOFT TISSUE GRAFT

- Bleeding may occur from time to time up to a week after surgery, especially if you are not careful with your diet. We recommend a liquid or puree-consistency diet for several days after surgery. You should not chew over the grafted area for a couple weeks. Blending food in blender is a good option prior to eating. Avoid crusty or hard foods. Nutrition is very important during healing, so try to eat a high protein diet. We recommend taking a good multi-vitamin such as Centrum and extra vitamin C.
- Smoking appears to affect the circulation of the graft, and may cause failure of the procedure. It is very important that you stop smoking during the healing phase.
- Ice should be applied over the grafted site by holding an ice pack to the outside of your face at 20-minute intervals for several hours after surgery. Ice packs can be continued periodically over the next few days as well. The ice will help to decrease post-operative swelling, and its application is very important.
- Use your prescription mouth rinse as directed, twice daily.
- Begin brushing the rest of your mouth the day after surgery, but avoid brushing or flossing the grafted area until you return to our office. You can keep the grafted area clean by swabbing gently with a Q-Tip that has been dipped in your prescription mouth rinse. Swab the area gently for a couple minutes, repeatedly dipping the Q-Tip two to three times a day. Warm salt-water rinses should be performed 3-4 times a day as well.
- Some of your sutures will begin dissolving and will fall out on their own in the first week. Some may come out earlier, and this should not be a problem. Other sutures are not meant to dissolve. We will remove any remaining sutures at your follow-up visits.
- The grafted areas may appear intensely red at some times, and white at other phases of healing. You should avoid excessive movement of the graft site. Usually, the area will heal normally, and will look completely normal when it is fully mature.
- Some internal and external bruising is a frequent side effect of your surgery. Any slight bruising will resolve within a few days.
- Please notify us if you have any unusual swelling or discomfort, especially if more than 3 or 4 days post-operative.
- **SMOKING AND PREMATURE BRUSHING ARE MAJOR FACTORS IN GRAFT FAILURE.**

*In case of true medical emergencies that cannot be handled during regular office hours,
Dr. Duckett can be reached at: (205) 968-4047 or (205) 999-4465*