Alloderm graft

Pre-operative instructions

- You must refrain form taking **aspirin, Advil and vitamin E**, 10 days prior to the intervention
- You must refrain from consuming alcohol 24 hours prior to and five (5) days after the surgery.
- Inform us of any change in your medical history or intake.
- It is important to eat before the intervention.
- If you must take a sedative in order to undergo the surgery, please make arrangements for someone to accompany you the day of the intervention.

Postoperative instructions

- **AVOID ALL SUCTION**; do not drink with a straw.
- Restrain your diet to cold liquids for the first 24 hours following the surgery. (Ensure beverages are recommended).
- After 24 hours, a soft foods diet is recommended (see attached sheet).
- **NO SMOKING** on the day of the surgery and for the following 24 hours, at least.
- Restrain from vigorous physical activity for 48 hours after the surgery.
- Avoid long conversations; do not pull on the lip to examine the site of the graft.
- Sutures will be removed after four (4) weeks and three (3) months.
- Swelling can occur, along with bruising and the apparition of a whitish thread on the graft area. Those reactions are completely normal.

Oral Hygiene

- The day after the surgery, start using the prescribed mouthwash.
- You can brush your teeth, **except on the graft area.**
- On your follow-up appointment, four (4) weeks after the surgery, you will receive a surgical toothbrush to use on the graft area.
- **DO NOT USE** an electric toothbrush or water-pik.