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CARE OF THE MOUTH FOLLOWING SOFT TISSUE GRAFT SURGERY (ALLODERM DONOR)

It is important that you maintain a good, nutritious diet. Often times it is of benefit to take a multi-vitamin, mineral supplement during the first week after surgery. This will help guarantee that you are getting all of the healing components necessary for successful surgery, such as vitamin C and zinc.

Smoking affects the circulation of the graft and may cause the graft to slough or die resulting in recession. It is very important that you cut back or stop any smoking during the healing phase of the surgery. Ideally, you should not smoke for three weeks following any soft tissue graft surgery.

It is also very important not to disturb the graft site during the first few days of healing. If a dressing is placed over this area, do not disturb that dressing. Keep ice over the grafted site, 20 minutes on and 20 minutes off, during the first day of surgery. This will reduce swelling. It is normal to have swelling, as well as some bruising, over the area where the graft sites were done. This is not unusual and should be limited. If you feel that it is excessive, please contact your doctor. The day after surgery is the time to begin using the Peridex rinse that was prescribed. Do not use a toothbrush at or to the grafted site during the first three weeks after surgery. Begin brushing the rest of the mouth, avoiding the site of surgery, on the day after surgery. Do not disturb nor try to brush around the stitches where the graft was placed. Any additional questions, please call our office at 972-394-1234 for a detailed explanation.

