



Alloderm Post-Op Instructions

Post-OP

- No Aspirin, NSAID (Advil, Alleve), Garlic Pills, Vitamin E., fish oil for 1 week after surgery.
- No smoking for 3 weeks
- Finish taking the Zithromax 250mg (1) one tab each day until gone
- Ice for 24 hours (ten minutes on then 10 minutes off, continue to repeat)
- Take pain medicine before the numbness wears off.
- Don't disturb the surgical site
- Don't lift the lip
- Inactivity for 24 hours
- Light activity for 1 week

Food

- Cold Liquids and soft food for 24 hours
- No mastication at the surgical site for 4 weeks
- 4 weeks: Soft foods at the surgical site
- 8 weeks: regular diet

Oral Hygiene

- *Day one:* No brushing
- Continue CHX mouth rinse twice per day for 2 weeks (after breakfast, just before bed)
- *Day two:* Start brushing except the surgical site with hand brush only. (ie. No electric toothbrushes)
- *Two Weeks:* Start brushing site with a sweep stroke. CHX once per day. (just before bed)
- *Four Weeks:* Start flossing and discontinue use of CHX
- *Six Weeks:* Resume electric toothbrush except surgical site.
- Continue sweep stroke for the rest of their lives.

Questions

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