



Reading Oral Surgery Group, LTD
Specializing in Oral and Maxillofacial Surgery

POST-OP INSTRUCTIONS FOR IMPLANT SURGERY

To promote healing after your surgery

1. Peridex mouth rinse, full strength, two/three/four times a day for the first week. The rinse should be used 1/2 strength the second week on the same schedule. Follow the instructions on the bottle (disregard the warning about staining teeth unless advised otherwise). The cap is a measuring cup. If you have any problems using this preparation contact the office immediately.
2. Liquid/very soft diet for the first: one/two/three days/weeks after surgery. Avoid crunchy foods for the first week. Avoid foods that are heavily seeded for the first week. This includes fruits like strawberries and blueberries. A single seed in a surgical site can greatly complicate and extend the healing process.
3. Smoking should be avoided. Smoking doubles the likelihood of complications during healing and doubles the incidence of implant failure.
4. If you have a temporary prosthesis to wear during the healing period it should not be worn until examined for fit and adjusted by the surgeon or your restorative dentist. Temporary tooth replacements that are worn without being adjusted can adversely affect healing, implant integration and the appearance of the final restoration.
5. Bleeding can be controlled by biting gently but firmly on a moist gauze pack for 20 - 30 minutes. The staff member in the recovery area will instruct you on how to shape and place the gauze pack. If bleeding persists after two applications of the gauze, the surgical office should be contacted.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS REGARDING YOUR POST-OPERATIVE CARE, PLEASE CALL THE OFFICE IMMEDIATELY.

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