



Reading Oral Surgery Group, LTD

Board Certified Oral and Maxillofacial Surgeons

POST-OPERATIVE INSTRUCTIONS FOR IMPLANT SURGERY AND/OR BONE GRAFTS

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 ½ 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 the first week. Avoid foods that are heavily seeded for the first week. This includes fruits like strawberries, blueberries and fruited yogurts. A sing see in a surgical site can greatly complicate and extend the healing process.
3. Smoking of any kind should be avoided. This doubles the likelihood of complications and greatly increases the risk of graft and implant failures.
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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