



## IMPLANT POST OP INSTRUCTIONS

- ❖ Ice pack **on 10** minutes **off 10** minutes
- ❖ DO NOT FLOSS in surgical area
- ❖ Clean around area by massaging gum with moist Q-tip in saline rinse
- ❖ Soft diet
- ❖ Peridex Rinse: 15 ml rinse twice a day, 30 seconds morning + night for 7 days ONLY
- ❖ AFTER 24 HOURS: warm salt water rinse (3-5 times/day)
- ❖ DO NOT smoke
- ❖ DO NOT use a straw
- ❖ Take over the counter pain medication (if needed)
- ❖ Take medication as prescribed
- ❖ FOR DENTURE WEARERS **\*MUST WEAR DENTURE FOR FIRST 24 HOURS**
- ❖ You may notice small granules in your mouth for the next few days

## BONE GRAFT POST OP INSTRUCTIONS

- ❖ **DO NOT** blow your nose
- ❖ **DO NOT** smoke or use smokeless tobacco
- ❖ **DO NOT** use a straw
- ❖ **DO NOT** lift or pull on lip to look at stitches
- ❖ If you must sneeze do so with your mouth open
- ❖ Ice pack **on 10** minutes **off 10** minutes
- ❖ **AFTER 24 HOURS:** warm salt water rinse
- ❖ Soft diet
- ❖ Take medication as directed
- ❖ Notify office IF you feel granules in your nose