



### Post Surgery Implant and Bone Preservation

- Drink plenty of fluids especially chilled fluids
- Do not use a straw
- No carbonated drinks
- For the first day eat chilled very soft foods
- No popcorn or chips
- Avoid rice for 4-5 days
- No spicy foods
- Avoid acidic juices, OJ ,grape fruit, etc
- Rest, no vigorous exercise for 3-4 days
- Don't touch or play with your tongue at the surgical site
- No smoking; avoid smoking for at least 5 days
- No rinsing, spitting, or touching wound site the day of surgery
- Limit activities as much as possible after the surgery for several hours
- On day two of post op gently rinse with warm salt water ( 1sp salt/ 1 cup water) 4-5 times per day. Repeat after meals and snacks as well to keep surgical site free of debris for 1 week
- No vigorous rinsing
- Avoid toothbrush contact on surgical site for 1 week
- Use ice packs to minimize swelling for the first day. 20 minutes on 20 minutes off. As well as consuming chilled fluids and foods