



Bone Graft and Implant Post Operative Instructions

Immediately after oral surgery apply pressure with gauze.

Bleeding should steadily decrease over time.

Use of a damp black tea bag is also acceptable as the tannic acid in the tea helps to stop bleeding.

After oral surgery it is normal to experience spotty bleeding.

This may continue for 2-3 days. Please contact our office or the doctor directly if you are concerned or have questions.

Maintain a soft diet while healing.

You do not have to maintain a liquid diet but the foods you eat should be soft and require minimal chewing.

Chew on the opposite side of your mouth from the surgical site.

Example of appropriate foods: Pasta dishes, Rice Dishes, Hearty soups.

Foods that can easily be cut with a fork.

Maintain good hygiene.

Avoid the surgical area specifically, brush like normal in all other areas.

Gently rinse with warm salt water after meals.

Gently rinse with prescribed Peridex/ Chlorhexidine rinse twice daily.

If you have been provided with "Sinus Precautions" please refer to those post operative instructions as well.

If you have any questions please contact our office (813)677-0073.