

BONE GRAFT

- Do not disturb or touch the wound
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not smoke for at least two weeks after surgery.
- Do not drink alcoholic beverages: during the first week after surgery.
- Avoid chewing or creating pressure on the implant or graft site.
- The bone graft is usually covered by a membrane which is like a blanket covering the graft material. Do Not Vigorously rinse or swish your mouth or the membrane will lift off and the come out along with the bone graft resulting in a failure.
- Do not chew near grafted site for 4 months.

If your Dentist has made you a temporary prosthesis to wear while the implant is healing or if you already have one, **DO NOT WEAR IT AT ALL OR EVEN TRY IT IN** until Dr. Gadler has seen it and approved or adjusted it. Failure to follow this advice could result in the failure and the loss of your implant and or bone graft.

SINUS LIFT

Do not blow your nose or sneeze holding your nose. Sneeze with your mouth open. Do not drink with straws and do not spit. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided. Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses. You may also be given a prescription for antibiotics. Please take these as directed. Anything that causes pressure in your nasal cavity must be avoided. Avoid “bearing down”- as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure. Smoking must be stopped

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Keeping your mouth clean after surgery is essential to reduce the risk of infection. salt water rinses the day following your procedure. Use one-half teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five

minutes to use the entire glassful. Repeat as often as you like, but at least four to five times daily and always after eating for the next five days. DO NOT rinse with any pressure at all in your mouth, instead, gargle and let the water roll out of your mouth. DO NOT SPIT, instead use a towel to dry your mouth.

Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle.

We may prescribe an antibiotic rinse (Periogard, Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day may cause staining of your teeth and tongue.