

Socket Preservation using Bone Graft & Collagen Membrane

- It is normal to have sand-like particles in your mouth when this procedure is performed. Follow the same instructions as given for an extraction. Sutures are dissolvable within a few days and don't need
- You may have a protective packing in the surgical area that looks like bubble gum. It may loosen or fall out within the first week and does not need to be replaced. We will remove it at your next visit if still in place.
- Wear any recommended or fabricated appliance (Essex) at all times to protect the surgical site. Remove only for cleaning.

Sinus Lift Bone Graft Augmentation

- **Do Not Blow** your nose. Use saline nasal spray and decongestants if needed.
- **No bending or lifting anything heavy, no exercise for at least 5 days.**
- You may have some bleeding from your nose when rising from a reclined position to upright. This is normal and bleeding should stop.
- **Sneeze and cough with your mouth open.** Do not hold it in because this will apply positive pressure to the sinus.

Soft Tissue Grafting

- **Do Not remove PerioPack** (dressing that looks like bubble gum) unless it comes loose.
- **Wear removable appliance** (Essex, retainer) at all times to protect the surgical area. Remove only to clean and gently rinse with warm salt water after meals.
- **Eat only very soft foods:** Yogurt, oatmeal, applesauce, smoothies, banana, mashed potatoes, scrambled eggs for at least a week after the procedure.
- **Follow all recommended instructions** and contact the office as needed.

Dental Implants

- **Do not** chew near the area where the dental implant(s) is placed. The most crucial time for implant integration is between 14-21 days after surgery.
- **Use a Q-tip soaked with Peridex** twice a day on the top of the implant for the first weeks and

then a soft tissue brush.

- **The cap of the implant may loosen** during the 2-3month integration period. Do not be alarmed. Just call the office to set up a convenient time to come in for a replacement.
- If you feel pressure on the implant from a temporary or a removable appliance after the swelling goes down, please contact the office immediately. **Any pressure in the initial weeks of healing could cause failure.**