



CHAIRSIDE IMPLANT SERVICES  
*We Come To You...Chairside!*

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## POST - OP INSTRUCTIONS FOR RIDGE AUGMENTATION

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- Continue your antibiotic, taking 1 tablet every 8 hours for 7 days.
- Bite on the cotton gauze for 15 minutes. This is intended to stop the bleeding. If the bleeding persists, bite down firmly on the gauze for an additional 15 minutes. A tea bag can be substituted for gauze.
- Place an ice pack on the outside of your cheek/chin adjacent to the surgical site for several hours. This will minimize the swelling.
- No exercising, heavy lifting, bending or physical activity for 1 week.
- No smoking, spitting or rinsing for 24 hours following the surgery. These activities will disrupt the initial healing process.
- Once 24 hours has elapsed, rinse with 1 teaspoon of salt in a glass of warm water. Do this as often as you can (4-6 times a day) for 1 week.
- Once 24 hours has elapsed, rinse with 1 ounce of Peridex, 2 times a day (preferably in the morning and right before bedtime) for 1 week.
- You can brush your teeth normally, just use caution when you are next to the surgical site. If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing. Proper oral hygiene will prevent complications.
- Dentures, transitional or removable temporaries are not to be worn for 1-2 weeks following the surgery. The pressure of these appliances can cause micro-motion of the graft and will lead to failure. After 2 weeks, these appliances should be worn as less as possible and should certainly not be worn while sleeping.
- Chew on the other side until further notice. Follow a soft, but nutritious diet until you are examined again. Avoid hard, crunchy and crusty foods. Avoid foods with seeds.
- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.
- Bruising of your cheek or chin is a possibility. It is not as indication of something gone wrong. It will resolve itself without treatment.
- Any complications, call the office or Dr Forlano's cell # 516-987-9308