



AFTER YOUR BONE REGENERATION PROCEDURE

TODAY

- Please do not eat before the effect of the local anaesthetic has diminished. Begin with soft food (not too hot). A little alcohol is okay tonight, provided that any bleeding has stopped.
- Avoid vigorous exercise, and avoid vigorous rinsing for the rest of the day.
- If you feel discomfort later on, analgesics may be taken, but wait to see if you really need them.
- Please continue any follow-up antibiotics we have given you

TOMORROW

- Rinse with salt water (3 level teaspoons dissolved in a glass of warm water) three times a day after thoroughly brushing your teeth.
- Avoid brushing the actual site for the first couple of days.

AFTER 2 DAYS

- Commence brushing the implant site gently, as this is essential for your gums to heal normally and form the body's natural seal over this site.
- Commence rinsing with Savacol (instead of salt) three times a day after meals and brushing, and continue for a week.
- You may notice some particles coming away from the site during the first few weeks. These are from the layer we applied as a surface seal in conjunction with (or instead of) sutures, and there is no need to be concerned.

FOR THE NEXT SIX WEEKS

- Treat the area as a 'broken leg' – don't put weight on it! In other words: **CHEW ON THE OPPOSITE SIDE OF YOUR MOUTH. GUARD THE AFFECTED AREA.**

If you have any questions or concerns at all, please don't hesitate to contact us.