Dear Patient,

You have elected to undergo bone grafting and /or dental implant surgery. Your home care in subsequent weeks will determine the success or failure of these procedures.

The following elements are vital to allow these sites to adequately heal:

1. You are **NOT** to chew food using your gums on the affected side(s) for at least **6 weeks.**
2. As we discussed at the evaluation, smoking creates a great risk over the surgical areas by delaying wound healing, increasing the risk of infection and negatively affecting blood flow to the surgical sites. Please avoid smoking for one (1) week after surgery.
3. You need to maintain saltwater rinses three (3) times per day utilizing a teaspoon of salt to 8 oz. of water. In addition, a special anti-microbial mouth rinse may be prescribed.
4. Take all antibiotics until completion. We expect swelling to last 3 to 4 days postoperatively

If you have any questions, please do not hesitate to contact our office at 757-378-0906.

Sincerely,

James A. Gray, D.D.S.

Oral & Maxillofacial Surgeon