Post-Operative Oral Hygiene Instructions

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**Grafting:**

Resume flossing after the 4th week only to the gum line but not below.

Resume gentle brushing using p.o. soft toothbrush at the 2nd week,

using a rolling-away technique.

Do not use Sonicare or any other electric toothbrush for 3 months in surgical

sites.

Avoid looking at surgical site or pulling on lip near surgical area for 1

month.

-Grafting sites will undergo multiple changes over 3-6 months.

Avoid popcorn, nuts or seeds for 6-8 weeks in surgical sites p.o.

**Osseous Surgery:**

Resume normal brushing and flossing on the 2nd week

Do not use Sonicare or any other electric toothbrush for three months.

Avoid popcorn, nuts or seeds in surgical sites for 6-8 weeks p.o.

Resume normal OH after the 1st week.

**Implants:**

Start brushing over the top of the implant healing abutment after 2 weeks.

Floss adjacent teeth after 2 weeks.

Do not use Sonicare or any other electric toothbrush over the implant until restored.

-Can be used in all other areas.

Avoid seeds and nuts on surgical side until implant is restored.

**Extractions:**

Resume normal OH and flossing for adjacent teeth after 2 weeks.

Avoid popcorn, nuts or seeds for 6-8 weeks in surgical sites p.o.

**CROWN LENGTHENING:**

Resume normal brushing after 2 weeks. When flossing in between the teeth, use caution to avoid removing the temporary crown (if present), pull floss through the teeth.

Avoid crunchy and sticky foods in the surgical site until the tooth is restored.

**RIDGE AUGMENTATION:**

Resume normal brushing for adjacent sites after 2 weeks.

Can discontinue Peroxyl after 2 weeks.

Avoid crunchy foods in the surgical site for 1 month.