

BONE AND TISSUE GRAFT POST-OP INSTRUCTIONS

- **Take medication that Dr. Dunham has prescribed such as:**

Peridex Rinse 3X's daily

Tylenol # 3 if needed

You can also take Advil, Motrin or Aleve.

- **DO NOT:**

Smoke

Eat Hard Foods such as chips, peanuts or anything hard that could cut your gums. No brushing the surgical area until you see us at your post-op visit.

- **DO:**

Eat soft foods high in protein

Keep away from the surgical area

Soft diet for a few weeks

Call if you have any questions and/or concerns