

**INSTRUCTIONS FOR THE SECOND POST SURGICAL WEEK**

1. **BEGIN EATING A MORE NORMAL DIET; HOWEVER, NO PRETZELS, CHIPS, NUTS, POPCORN, CRUNCHY FOODS, ETC... AS THESE WILL IRRITATE THE TISSUES OR LODGE UNDER THE HEALING GUMS. THE THIRD WEEK THERE ARE NO DIETARY RESTRICTIONS.**
2. **CONTINUE USING THE PRESCRIPTION MOUTH RINSE ONCE DAILY. SWISH/RINSE THROUGH AND AROUND TEETH. OVER THE COUNTER RINSES CAN BE USED AS NEEDED.**
3. **GENTLY BEGIN BRUSHING AND FLOSSING AT THE GUMLINE. (SEE 4. FOR EXCEPTION). THE AREA MUST BE KEPT FREE OF BACTERIA AND FOOD DEBRIS WHILE HEALING. A SLIGHT AMOUNT OF BLEEDING WILL OCCUR, DO NOT BECOME CONCERNED. USE A MANUAL SOFT BRISTLE BRUSH ONLY. NO SONIC OR ELECTRIC BRUSHING OR WATERPIK UNTIL THE THIRD WEEK.**
4. **IF YOU RECEIVED A GUM OR BONE GRAFT OR DENTAL IMPLANT DO NOT PUSH ON THE GRAFTED AREA. DO NOT BRUSH NEAR THE AREA THIS WEEK. THE THIRD WEEK GENTLY BRUSH AND FLOSS AT THE GUMLINE.**

**IF YOU HAVE AN AFTER HOURS DENTAL EMERGENCY, CALL DR. REIGH AT 610-582-9051**

**IF YOU HAVE A TRUE MEDICAL EMERGENCY SUCH AS EXCESS BLEEDING OR AN ALLERGIC REACTION, GO DIRECTLY TO THE CLOSEST EMERGENCY ROOM.**

*Phil. 4:8-9*