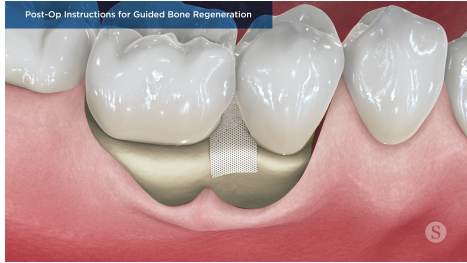


Post-Op Instructions for Guided-Bone Regeneration



To achieve the best results after your guided bone regeneration procedure, it's important to follow your doctor's post-op instructions.



The local anesthesia will wear off within 2-4 hours, so be careful not to bite your cheek or tongue.



It's normal to notice some swelling and discomfort in the treated area. This can be managed with prescribed pain medications and cold compresses applied to the outside of your face for 20 minutes at a time.



After 24 hours, discontinue cold compress use, and gently rinse with a warm saltwater solution to keep the area clean.



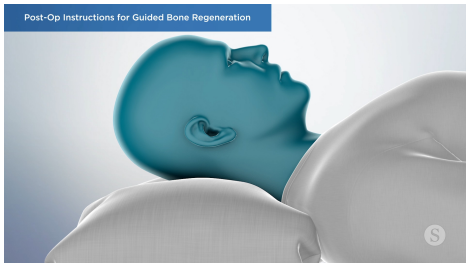
Don't touch or press on the surgical site, even if it feels different or unusual, as this could disrupt the healing process. The regenerative material and membrane require time to work properly without any disturbance.



For the first few days, eat soft foods like yogurt, mashed potatoes, smoothies, and ice cream to avoid pressing on the surgical area.



Avoid drinking through straws or creating any suction in your mouth for at least a week after surgery.



Keep your head elevated while sleeping for the first few nights by using an extra pillow to help reduce swelling.



Carefully brush and floss your teeth while avoiding the surgical site, maintain proper oral hygiene.



Use the prescribed antimicrobial mouth rinse as directed.



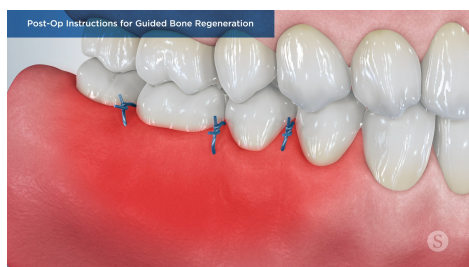
Skip strenuous exercise and heavy lifting for at least a week, as these activities can increase bleeding and swelling.



Don't smoke or drink alcohol until after your post-operative appointment, as they can significantly impair healing and lead to complications.



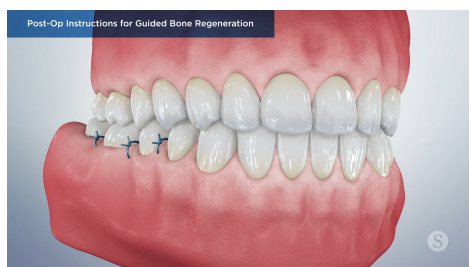
Take all prescribed antibiotics exactly as directed, even if you feel better, to prevent infection and ensure the best possible outcome.



If you experience severe pain, excessive bleeding, or unusual symptoms, contact your dental office immediately rather than waiting for your next appointment.



For optimal results, it's essential to attend all scheduled follow-up appointments where your doctor can monitor your healing progress.



If you have any questions or concerns, don't hesitate to contact your dental care team—they are always there to help you recover comfortably.