POST OP INSTRUCTIONS FOR PRO ARCH

8 WEEK SUGGESTED DIET FOLLOWIING PRO ARCH IMPLANT SURGERY

EAT

- MASHED POTATOES
- GROUND MEATS
- PASTA
- JELLO
- PUDDING
- OATMEAL
- EGGS (ANY STYLE)
- SOUP
- FLAKEY FISH (HALIBUT, TILAPIA, SALMON)
- PANCAKES
- SMOOTHIES
- PROTEIN DRINKS
- YOGURT

DO NOT EAT

- PIZZA
- CRUSTY HARD BREAD
- ENGLISH MUFFINS
- BAGELS
- SANDWICHES
- STEAK
- MEAT/CHICKEN WITH BONES
- CARAMEL
- POPCORN
- NUTS
- JERKY
- CHEWING GUM
- CHIPS/PRETZELS/CRACKERS
- SALAD/ CROUTONS
- RAW VEGETABLES

- YOU MUST REMAIN ON A **SOFT DIET FOR 8 WEEKS FOLLOWING** YOUR PROCEDURE
- ANYTHING THAT CAN BE CRUSHED WITH A FORK WITH MINIMAL PRESSURE IS SAFE TO EAT
- **AVOID STICKY, CHEWY, OR CRUNCHY FOODS**
- REFRAIN FROM DRINKING THROUGH A STRAW BECAUSE IT CREATS REVERSE SUCTION THAT CAN DISTURB THE SURGICAL SITE
- IF NECESSARY, YOU WILL BE GIVEN A PRESCRIPTION FOR AN ANTIBACTERIAL MOUTHWASH (CHLORHEXIDINE/PERIDEX)—ONLY USE THIS RINSE FOR 2 WEEKS FOLLOWING SURGERY
- **DO NOT BRUSH OR USE A WATER-PIK (WATER FLOSSER) FOR THE FIRST 2 WEEKS AFTER SURGERY**
- AFTER 2 WEEKS, IT IS RECOMMENDED TO BRUSH AND USE A WATER-PIK ON THE LOWEST SETTING. WATER-PIK MAY BE PURCHASED AT ANY LOCAL RETAIL STORE OR ONLINE.
- **AVOID SMOKING**. THE USE OF TOCACCO PRODUCTS WILL SLOW YOUR HEALING AND MAY LEAD TO IMPLANT FAILURE.