



AFTER 1 MONTH FROM YOUR AOX SURGERY

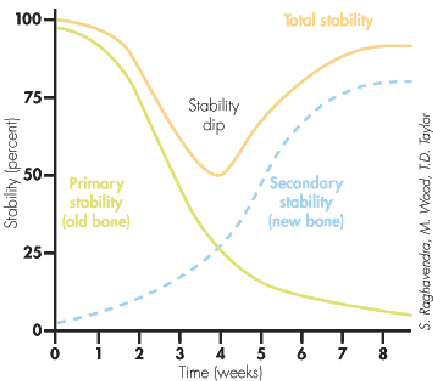
Hooray! You made it through the first month of healing!

CLEANING YOUR NEW TEETH

- Brush Twice Daily:
 - Use a soft-bristled toothbrush (electric toothbrush recommended) and a non-abrasive toothpaste, morning and night.
 - Brush gently in small circular motions around the gumline and the prosthesis itself. Focus on the areas where the **prosthesis meets the gums** to remove plaque buildup.
- Water Floss Twice Daily:
 - Flush under the bridge with the Waterpik, **morning and night**.
 - Use it on a **low setting** to irrigate under the prosthesis and around the implants. You will want to lean over the sink while flushing, to limit a mess.
 - You may rinse with mouthwash or salt water as you wish, but please use only plain water in the Waterpik reservoir.
- Using Superfloss or Interdental Brushes Once Daily (Highly Recommended):
 - Carefully pass the stiff end superfloss or interdental brush between each implant and around the prosthesis to clean any food particles or plaque.

REMINDER: YOU ARE STILL HEALING!

Your implants are not completely healed in the bone and are **more vulnerable** now than they were on your surgery day (see chart on right). It is important that you follow your soft food diet and eat only foods that are easily mashed with a fork. **Feel free to check out our website for example recipes www.renuprostodontics.com.**



Approved Foods		NOT Approved Foods	
Scrambled eggs	Pudding	Pizza	Apples
Mashed potatoes	Cottage cheese	Tortillas	Nuts
Flaky fish	Protein shakes	Sandwiches	Popcorn
Pasta	Yogurt	Bagels	Granola
Rice	Ice cream	Carrots	Lettuce
Beans	Cooked vegetables	Chips	Gum
Soup	Soft fruits	Tough Meats	Taffy/Caramel
Meatloaf	Smooth nut butters		

QUESTIONS

Your well-being is our primary concern. It is our sincere desire that you experience be the least uncomfortable or anxiety provoking. Should you have any questions regarding your progress, please do not hesitate to contact our office.