**POST OP INSTRUCTIONS FOR PRO ARCH**

**8 WEEK SUGGESTED DIET FOLLOWIING PRO ARCH IMPLANT SURGERY**

**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

**EAT**

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