



PASQUINELLI & OLIVARES

SF PERIO & IMPLANTS

Healthy gums, beautiful smiles

POST-OPERATIVE SUPPLEMENTS

Patient information:

At SF Perio & Implants, we get many questions about how to get the best results with periodontal surgery and have compiled this list of suggestions.

NUTRITIONAL SUPPLEMENTS:

To maximize your body's healing potential, the following supplements are recommended

For at least 6 months post-operatively:

For all surgeries:

- A daily multiple vitamin with minerals

Add these if you had implants, bone grafts or pocket reduction (Strongly Recommended):

- Calcium: 500 mg daily
- Vitamin D3: 4000 IU daily
- Vitamin K2 (MK7): 100mcg daily (made from Natto)
- Vitamin C: 500mg 2 times daily (time release)

Additional Supplements:

- Hydrolyzed collagen powder: 2 times daily
- Omega 3 Oil: 1g daily
- B Complex: once daily

To Reduce Swelling & Bruising:

- **T-Relief ointment (Arnica Gel):** Apply generously to affected areas of skin 2 to 3 times daily. T-Relief should be rubbed gently into the skin. Should NOT be used inside the mouth.



Please don't hesitate to call
our office if you have any
questions or concerns.

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