



PASQUINELLI, OLIVARES & HASHIMOTO

# 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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