



OPTIONAL

VITAMINS AND NUTRITIONAL SUPPLEMENTS FOR DENTAL IMPLANT PATIENTS

We suggest you consider adding these supplements to your pre- and post-operative regimen. The items mentioned below should be started, if possible, 1 (one) week prior to surgery and continue for at least 2 (two) weeks following your surgery, with the exception of Bromelain, which should be started only 1 (one) day prior to surgery.

- 1) **Vitamin A** – 25,000 I.U. per day (Enhances immunity)
- 2) **Bromelain** – 750 G.D.U., or 500 – 1000 mg three times per day (prevents bruising and relieves swelling associated with surgery). If possible, start 1 (one) day prior to surgery, then continue for 2 (two) weeks after surgery
- 3) **Vitamin C** – 2,000 mg per day (essential element in wound healing)
- 4) **Zinc (chelated)** – 30-50 mg per day (wound healing and enhances immunity)
- 5) **Glucosamine/Chondroitin** – Twice daily with meals (bone and cartilage maintenance)
- 6) **Calcium** – 1,500 mg per day - 500 mg at Breakfast, Lunch and Dinner (important for bone metabolism)
 - Do not wear your best clothing
 - Please eat before you come to the office, unless you will be receiving general anesthesia. If receiving general anesthesia, follow guidelines provided