

Healthy Healing Tips

The most important factor in a successful treatment outcome is ***your ability to heal***. Your dental implant or bone graft are not integrating to you, ***your body is integrating them to it***.

Follow these tips to achieve the best and fastest treatment outcome.

- **If you are planning on having a significant surgery, start living a healthy lifestyle as soon as possible. If you don't exercise often, start taking daily walks prior to your surgery, and continue them throughout the healing and integrating process.**
- **If you smoke tobacco or marijuana, or if you vape, your blood flow is compromised, and it will definitely affect your ability to heal. Stopping or significantly reducing the frequency of these habits 30 days prior to your surgery will increase your blood flow, lessen post-operative pain, and improve your final outcome.**
- **Stay hydrated before your surgery and at least during the first 2 months of healing and integration. Your soft tissue will respond much better (and more comfortably!) when it is properly hydrated.**
- **Start taking 1,000mg of Vitamin C prior to your surgery and throughout your healing and integrating phase. This will improve soft tissue healing and initial bone formation.**
- **Start taking 2,000-5,000 IU of Vitamin D prior to your surgery and throughout the healing and integration phase. This will improve bone formation and it can have a significant impact on the success of your dental implants.**
- **Maintain a healthy and balanced diet, as well as a sufficient intake of calories for your body size. This is very important to speed up healing and integration, and it can have a significant impact on the long-term success of your dental implants.**
- **Get plenty of sleep (7-8 hours a night at a minimum). A tired body doesn't heal.**