

Please read and follow these instructions carefully:

After Surgery

Patients who receive general anesthetic should return home from the office immediately upon discharge. Patients are advised to lie down and keep their head elevated until the effects of the anesthesia have worn off. You should not operate any mechanical equipment or drive a motor vehicle for at least 24 hours after anesthesia.

Diet

Soft foods are recommended for the first several days after surgery. Avoid chewing on the side where your implants were placed. Avoid chips, nuts, and berries with seeds until surgical site(s) heal. Drink plenty of liquids. Avoid alcoholic beverages for 48 hours.

Antibiotics

Take your antibiotics as directed. If you experience an upset stomach, diarrhea, rash or other side effects, contact your doctor immediately to discuss if you should stop or change your antibiotics.

No smoking

You should not smoke during the entire process of your implant. Smoking causes poor wound healing, and increases the risk of implant failure.

Activity

Restrict your activities on the day of surgery. After surgery, your whole body is involved with the recovery process. You may gradually get back to your routine as you feel comfortable.

Pain

Ibuprofen (Advil/Motrin) and acetaminophen (Tylenol) may be taken in combination for pain relief as effective as narcotic pain medication.

Ibuprofen 600mg every six hours

(Do not exceed 3200mg daily)

TAKEN TOGETHER WITH

Acetaminophen 500mg every six hours

(Do not exceed 3000mg daily)

These medications should be taken together with food on a regular schedule for 3 days after surgery for the best effect.

A prescription medication may be given, and should be taken only as directed. Do not take any medications if you have an allergy, or have been instructed by a doctor to avoid them. Do not take while operating a vehicle or machinery. Avoid alcoholic beverages. Do not share your prescription medication. Keep all medicines out of reach of children. Please dispose of your un-used medications properly.

Swelling

Swelling is a normal response to surgery, and is part of the healing process. Swelling may not be apparent until the day after surgery, and may continue to increase for 2-3 days after surgery. Swelling around the mouth, cheeks, eyes, and sides of the face is not uncommon. Swelling may be minimized by the immediate use of ice packs. An ice pack (or bag of frozen vegetables) should be applied to the side of the face where surgery was performed. Apply the ice packs 20 minutes every hour for the first 24 hours. If swelling or jaw stiffness persists for several days, there is no cause for alarm. Twenty-four hours following surgery, the application of moist heat to

the sides of the face is beneficial in reducing the swelling.

Keep the mouth clean

You should brush your teeth the night of surgery using the soft toothbrush provided. Careful attention should be given to keeping the site clean of food and plaque buildup.

DO NOT USE ANY ELECTRIC TOOTHBRUSHES. The day after surgery you should begin rinsing with warm salt water at least five times a day, especially after eating. Mix 1/8 teaspoon of salt in a cup of warm water. Do not use any other mouth wash.

Sutures are placed in the area of surgery to help healing. Sometimes they become dislodged; this is no cause for alarm. These sutures will dissolve.

Bleeding

Slight bleeding, oozing, or redness in the saliva is not uncommon and expected after surgery. Excessive bleeding may be controlled by placing a tightly folded gauze pad over the area and biting firmly for 30-45 minutes. Repeat if necessary. If bleeding continues, bite on a moistened tea bag for 30 minutes. The tannic acid in the tea bag helps to form a clot. To minimize further bleeding, sit upright or lay with your head elevated and avoid physical activity. If bleeding does not subside, call for further instructions.

