



IMPLANT POSTOPERATIVE INSTRUCTIONS

Thank you for coming to us for your Implant surgery treatment. Your treatment continues until healing is complete. In the event you feel your postoperative course is marked by excessive pain, swelling or hemorrhage, do not wait until your next appointment. **Call Us!!**

THINGS TO EXPECT:

Swelling: Expect a good amount of swelling and some discoloration. These findings are common and do not indicate infection or other problems. Sleep with your head well elevated (you will find swelling will be most apparent tomorrow). It should reach its maximum in 48 hours and diminish thereafter.

Discomfort: The most discomfort you will experience will be the period immediately after sensation returns to your mouth.

Hemorrhage: Some bleeding or "oozing" for the first 24-36 hours is common.

THINGS TO DO:

1. **Bleeding** – Keep your head well elevated the first 24 hours. Bite on the gauze/prosthesis placed in your mouth at the end of the procedure for at least 3 hours. In case of **Severe Bleeding**; Elevate head, apply ice to back of your neck, and place dampened gauze over the bleeding area and firmly hold it in place for 25 minutes so no blood escapes. Repeat this procedure several times. If bleeding persists bite on a wet tea bag for 20 minutes.
IMPORTANT – These measures will work only if the packs are on the bleeding area and are under pressure.
2. **Swelling** – Swelling is usually in proportion to the surgery involved. However it may be minimized by the immediate use of ice or cold packs applied to the face over the surgical site. Place pack on face for 10 minutes and then remove for 20 minutes. Repeat this procedure for 48 hours. After that cold packs will be of little value and heat packs can be used.
3. **Diet** – After waiting 1 hour you should be able to take fluids by mouth. A soft diet is necessary for at least 1 week following the surgery. The foods should be of a high protein nature. Soft boiled eggs, milk, yogurt, ice cream, boiled chicken, soup, cheeses, soy protein and tofu, etc. are acceptable. You will need to avoid chewing in that area for 2 weeks as well - for your own comfort and fast tissue healing.
4. **Medications** – Fill the prescriptions and follow the instructions on the labels. It is essential to take all medications as directed. They will help control pain and prevent infection.
5. **Mouth Rinse** – Do not rinse on the day of surgery. After 24 hours gently rinse with warm salt water (8 oz water + 1 tsp salt). **Do Not Use Vigorously.** Use until your sutures are removed by Dr. Leon.

THINGS NOT TO DO:

1. Avoid smoking, spitting or drinking with a straw the first 48 hours after surgery.
2. Do not apply heat to the face during the first 48 hours. This will increase swelling.
3. Avoid strenuous physical activity for 48 hours. This includes any activity in which one becomes winded as this may cause a renewal of bleeding.
4. Do not use **toothpaste, paradex or petroleum based products** (i.e. lipstick) before & immediately after surgery.