

POST OPERATIVE INSTRUCTIONS

For Implants...

1. Some **BLEEDING** after surgery is normal. If the bleeding is excessive, place gauze or a moistened (not soaked) tea bag over the surgical area and “pinch” the gum line. Apply **CONSTANT FIRM PRESSURE** for 15 to 30 minutes. After this time has elapsed, if the bleeding continues, repeat the procedure. If bleeding does not cease, call the office or if it is after office hours, please call the emergency number.
2. To minimize swelling apply **ICE** to the outside of the face adjacent to the surgical site for the first **24 hours after** surgery. Use firm pressure for intervals of 10 minutes on and 10 minutes off. The ice is removed periodically to prevent frostbite from occurring.
3. If **SWELLING** occurs, it will usually start the day after surgery. This is a normal and common occurrence, and it may be accompanied by bruising. Do not be alarmed if swelling occurs. After the first day, keep repeating the icing protocol. If the swelling seems excessive, do not hesitate to call **516-799-2222**.
4. After the first night, you should rinse your mouth regularly with salt water (1 cup of warm water to 1 teaspoon salt) or peroxide and water (50:50). This will help healing and promote better breath. It will also make your mouth feel better. If you have high blood pressure, use the peroxide mixture.
5. Soft foods are generally advisable following surgery and for the first few days. Fluids, soups, yogurt, soft cheeses and foods mixed in a blender are all good choices. It is important that you are nourished adequately to promote healing. Return to a normal diet as quickly as possible.
6. If your lips become dry or chapped or if cracks develop at the corners of your mouth, use Vaseline often to soften your lips, especially at bedtime.
7. Start to brush the surgical site after about 5 days. You can soften the bristles of the brush by running them under hot tap water. Be gentle at first and gradually increase the pressure on the bristles, as you feel more comfortable. You can try to floss after about 5 days also.
8. Be certain to take the prescribed antibiotic at the recommended dosage and to return to the office for all scheduled post-operative visits. These will usually be weekly for the first few weeks and monthly until the second stage surgery.
9. Smoking has been shown to delay healing in the mouth and should be completely eliminated for at least the first week or two following the surgery. Smoking after surgery is one possible cause for early implant failure.

In the case of an emergency you may contact Dr. Kaur at **914-980-2682** or Dr. Gewant at **516-376-5442**, please leave a message including your name and phone number, and we will call you back.