



IMPLANT POST-OPERATIVE INSTRUCTIONS

Please read these instructions carefully. If you have any questions, please contact our office at (631) 669-2330. We will be glad to answer any questions you may have.

- 1) Take medications as instructed.
- 2) Place ice packs on side of face where surgery occurred. Keep ice pack ON for 15 minutes, then OFF for 15 minutes. Apply the ice packs in this manner for the first 24 hours (except for sleep time).
- 3) Do not drink with a straw, spit or blow your nose forcefully.
- 4) Beginning the day after your surgery, rinse your mouth with warm salt water rinses (glass of warm water, ½ teaspoon salt). Do this 4-6 times per day for 5 days. Peridex should be used the day after surgery by gently rinsing for 30 seconds three times a day. After using Peridex do not eat or drink for 30 minutes. Second week gently swab Peridex with Q-tip in surgical area.
- 5) Your diet will consist of soft foods for the next 2 weeks after the surgery. Do not eat on the side of your mouth where you had surgery (eat on the opposite side).
Eat food as follows:

- After your surgery: **DO NOT EAT HOT FOODS OR DRINK HOT LIQUIDS FOR THE REST OF THE DAY.*
- 1ST thru 3rd days: You may eat VERY SOFT foods. For example: applesauce, cottage cheese, yogurt, soups, bananas, mashed potatoes, Jell-O, baby food.
- 4th thru end of 2nd week: You may eat soft foods. For example: Tuna, eggs, noodles, and pasta.

*During the time that your implants are healing, you should avoid eating HARD foods such as pretzels, bagels, bones, hard candies, etc.... Even if you eat “on the other side”, somehow the food always manages to travel over.

- 6) Avoid strenuous exercise for one week.
- 7) IN CASE OF EMERGENCY, OR IF YOU HAVE ANY QUESTIONS THAT YOU NEED ANSWERED, PLEASE CALL US AT (631) 669-2330.

If you reach an answering machine, please leave a message, or call the emergency contact number.