POST-OPERATIVE CARE INSTRUCTIONS
IMPLANT SURGERY AND RIDGE AUGMENTATION

BLEEDING
- If necessary leave gauze pad in place for at least thirty minutes, using light but firm biting pressure to control bleeding.
- **Do not spit, sip through a straw, or rinse mouth** during the first day.
- If bleeding persists, apply one or two moistened tea bags over the area and press firmly for fifteen minutes. Repeat once if necessary, and if bleeding persists, please call.
- Blood-tinged saliva is not unusual and may persist for several hours or even overnight.

ORAL HYGIENE
- After the first 24 hours, rinse mouth with gentle lukewarm salt water.
- A Chlorhexidine rinse may be prescribed to cleanse the surgical site.
- Brush your remaining teeth, gums and tongue with a new toothbrush, as thoroughly as possible, taking precaution to avoid disturbing the site.

SWELLING
- Swelling and bruising will be greatest during the first 48 hours following surgery.
- To minimize swelling, place an ice bag on the affected side of your face, alternating fifteen minutes on the face, and fifteen minutes off the face. Ice the area for the rest of the day.
- If possible, at night **elevate your head** by using extra pillows.

DIET & EXERCISE
- Only consume soft foods during the first day or two following surgery. In order to avoid contaminating the wound with food particles.
- **Avoid very hot or spicy food** for the first two days following the procedure.
- Avoid eating on the side of your mouth that was operated on.
- Smoking is discouraged for the first two weeks following surgery.
- Alcohol consumption is also discouraged for the first three days.
- **Avoid strenuous exercise** for two days following surgery (aerobic activity).

ANTIBIOTICS
- Take the prescribed antibiotics tablets in accordance with instructions on the bottle.
- If you develop a fever above 100 degrees, **call the office**.

DENTURES
- **Do not** wear removable dentures until specified (wearing dentures too early will jeopardize healing).

If you have any questions or problems, please feel free to contact the office at any time.