

# Post Op Implant Care

## Care of Your Mouth

You can expect to be numb for 3-4 hours after surgery. Avoid smoking, eating and drinking during this time so that you do not injured the area.

Avoid brushing, rinsing, spitting, drinking with a straw, or touching the area on the day of surgery. The morning after surgery, you may rinse area and brush and floss the rest of your mouth but avoiding the surgical area.

## Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack to the area - 20 minutes on, 20 minutes off for the rest of the day. Do not continue to use ice pack beyond the day of surgery.

## Diet

Avoid eating on the surgical site. Drink plenty of fluids. Avoid foods that are hard, spicy, crispy/crunchy, or very hot (temperature) as they may irritate the area. Soft food and liquids should be eaten on the day of surgery and for the next \_\_\_\_\_ days.

Some good choices include yogurt, fish, eggs, warm soup, cheese, cooked vegetables, pasta, mashed potatoes, ice cream, pudding, and smoothies.

## Discomfort

You may experience some discomfort after surgery. Most pain can be controlled with Advil, or Tylenol

400mg of Advil every six hours if needed.

Two extra strength Tylenol every six hours if needed.

Do not take the above medication if you are allergic.

## Antibiotics

Be sure to take the remaining antibiotics as directed.

## Activity

Keep physical activities to a minimum immediately following surgery.

Any questions or concerns please call the office

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