

## **POST OP DIRECTIONS FOR IMPLANTS**

1. **DISCOMFORT-** Take 4 advil - 8 hours after the start of your procedure and 4 more 8 hours after that. Following that take 2 tabs every 8 hours. If this doesn't reduce discomfort, please call the office for something stronger.
2. **SWELLING-** Apply ice to the surgical area, 20 minutes on 20 minutes off. This can be done for the first 24 hours. Try to sleep with your head elevated for the first few nights.
3. **INFECTION-** You have been given a bottle of prescription rinse. Beginning tomorrow rinse 2-3 times per day. Finish the bottle. Also finish your antibiotics.
4. **DIET-** It is important to not place any stress on the implants. Eat soft foods for the first week.
5. **DENTURES-** If you have any prosthesis ie. denture, partial denture you must leave them out for a week. I will instruct you on the specifics after a week.
6. **BLEEDING-** It is not unusual for there to be some oozing after surgery. By not exerting yourself you will decrease chances of this.
7. **SMOKING-** It is VERY important that you do not smoke during the healing phase. This may affect the healing of the implant significantly.
8. **ORAL HYGIENE-** Avoid brushing the area today. Tomorrow you may begin light brushing
9. **PROBLEMS-** If you have any questions or concerns please call me at my office 973-895-7995. If after hours call me on my **Cell 201-618-7978**