

POST OP DIRECTIONS FOR IMPLANTS

- 1. DISCOMFORT-** Take 3 Ibuprofen (Advil) and 1 Tylenol every 6 hours. If you were given a pain medication take it every 4 hours as needed and then switch to the protocol above.
- 2. SWELLING-** Apply ice to the surgical area, 20 minutes on 20 minutes off. This can be done for the first 24 hours. Use moist heat after that. Try to sleep with your head elevated for the first few nights.
- 3. INFECTION-** If you have been given a bottle of prescription rinse then beginning tomorrow rinse 2-3 times per day. Finish the bottle=otherwise rinse with warm salt water. Be sure to finish your antibiotics.
- 4. DIET-** It is important to not place any stress on the implants. Eat soft foods for the first week and avoid chewing near the surgical area.
- 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 Maintaining proper home care is paramount to uneventful healing.
- 9. PROBLEMS-** If you have any questions or concerns please call me at the office 973-895-7995. If after hours call me on my **Cell 201-618-7978**