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### **POST-OPERATIVE IMPLANT INSTRUCTIONS**

**NO SMOKING.** This is the single most common reason for having delayed healing, pain, and implant failure.

**NO STOOPING, BENDING, OR STRENUOUS EXERCISE** for several days, as this can cause bleeding. Keep your head elevated at all times. Use two pillows under your head and shoulders when lying in bed the first night so that your head will be slightly elevated. If only one or two implants were placed, this may not be necessary.

**CLEAR LIQUIDS** are best for the first 24 hours including broths, juice, etc. You may progress to soft solid foods such as, applesauce, scrambled eggs, baked potato, and pasta. Do not chew directly on the implant or implants; chew on the other side, if applicable. Any movement after the implant is placed may cause the implant to fail.

**WHEN EXTENSIVE SURGERY** has been done about the face, swelling is not unusual. Your swelling will not peak for 2 to 3 days. To help minimize this, place an ice bag or ice cubes **WRAPPED** in a damp towel on the side of the face over the area where surgery was performed. Leave in place for 20 minutes, remove for 10 minutes, and then repeat this series for a period of 48 hours. Ice is of little benefit after this time. Try to do this as soon as possible after the operation. Keeping your head elevated for 48 hours will help minimize swelling.

**ORAL HYGIENE** is extremely important to prevent infection and to promote soft tissue healing. You may begin **BRUSHING YOUR TEETH** as usual the next morning. Warm salt water should be used as a gentle mouth wash beginning the **FOLLOWING** day after surgery. Continue these washes after each meal and at bedtime for approximately 2-3 weeks. Mix 1 tsp. of salt in 8oz glass of warm water. Do not use Listerine, Scope, etc. for 2-3 weeks.

**PAIN MEDICATION** is to be taken as directed. You should decrease the prescribed medication as your discomfort decreases, gradually working into an over the counter medication such as Tylenol or Advil. If an antibiotic has been prescribed, please take it until gone. **DO NOT** take additional forms of Tylenol (acetaminophen) simultaneously with your prescribed pain medication.

If you have been given any type of intravenous or oral medications, it is extremely important that you **DO NOT OPERATE A MOTOR VEHICLE**, or attempt anything which requires total awareness until the effect of the drug has completely gone away.

When taking antibiotics, birth control medication may not be effective. Please use other forms of birth control.

Our goal is to provide you with the highest quality care possible. If you have any questions or if your recovery period is not as we have described, please contact our office at (405) 751-4556.

Thank you for allowing us to take care of you. We consider it an honor that you have chosen us to provide your surgical needs.