



**No airplane flights following surgery for 48 hours or as instructed by your surgeon.**

**Swelling:** is a normal postoperative occurrence that can be minimized by applying an ice pack on outside of face adjacent to surgical area, 20 minutes on, then 20 minutes off for the remainder of the day. Peak swelling occurs at approximately 48-72 hours postoperatively. The first night, sleep on your back to avoid any pressure on the surgical site and keep head elevated with extra pillows to reduce swelling.

**Bleeding:** Minor bleeding is normal in first 24 hours. Do not use a straw or rinse vigorously for 24 hours, as this may increase bleeding. If bleeding does not subside, apply direct pressure to surgical area holding a moist tea bag for 15 minutes on the site, remain seated and relax, bleeding will typically stop. If bleeding does not stop please call your surgeon.

**Infection:** If swelling continues past 72 hours or the area is hot/warm to touch and/or a foul taste in your mouth and you feel that you may have an infection, please call your surgeon ASAP.

**Sinus Augmentation, Osteotome or Upper Molar Extractions: IMPORTANT: Do NOT blow your nose or sneeze for one week after your surgery.** You may blot your nose with tissue if needed. If you have to sneeze and cannot suppress it, do so with your mouth open to avoid pressure in the sinus. If directed, use Afrin Nasal Spray (12 hour) or Saline Nasal Spray 2 times per day on the side of the surgery.

**Implant Surgery:** Your implant has a small metal cap that can become loose after surgery. It typically occurs due to chewing on the implant, **which is NOT allowed** as it may lead to loss of the implant (**this is a No-Chew Zone**). If it comes loose please call the office ASAP for an appointment, as this covering is essential to the healing of the surrounding tissues.

**Implant Temporary:** If you have a removable or fixed temporary you should still **NOT** chew in that area until instructed to do so (typically 10-12 weeks). Please chew on the opposite side and avoid any pressure on the implant site. The temporary is only for esthetics and is not for chewing.

**Bruising:** This is a normal postoperative occurrence. Taking Arnica Montana 30 as directed on the container may help decrease the extent of the bruising.

**Smoking: NO smoking after the procedure.** It is the leading cause of implant and graft failure. If you smoke, you assume the risk of a negative surgical outcome.

**Food/Drink:** Do not eat/drink anything hot after surgery until your anesthetic wears off. Keep diet soft and chew on opposite side of surgery until you are told you can chew on that side again. Some soft foods are eggs, yogurt, soft cooked vegetables, pasta, soups... Avoid all foods that contain seeds, nuts, or popcorn during healing.

**Exercise:** No aerobic exercise, strenuous work, lifting, or bending for 48 hours (2 days) after surgery. Exercise raises blood pressure which increases swelling, bleeding and bruising.

**Sensitivity/pain:** take pain medication as advised. Some tooth sensitivity in the surgical site may occur and will improve with time. Check with surgeon if sensitivity persists. A desensitizing medication may be needed.

**Hygiene:** Do not use an electric or manual toothbrush in the surgical area. Gently rinse the surgical area with the prescription rinse as directed, no vigorous rinsing allowed. You will be instructed how to clean at your postop visit. Clean all other areas of the mouth normally, as a clean mouth heals faster.

**Soft Tissue Grafts:** It is recommended that you eat a soft diet (as above) and keep your clear stent in as much as possible (if indicated) and do not chew in the surgical area. Follow postop instructions and do not place your tongue near or on the surgical site or sutures, this can cause the sutures or the graft to become dislodged and negatively impact the success of the procedure.