SMILE DESIGN CENTER

After Surgery Instructions

Some swelling and bleeding is expected within *the next two days.*

Bleeding

Bite firmly on the gauze for 30–60 minutes. If oozing continues, bite on fresh gauze or a moist black tea bag for another 30 minutes. Pink-tinged saliva for a day or two is normal.

Swelling and bruising

Use the ice pack for the **first 24 hours** after surgery, starting as soon as possible. Place it over your cheek where the implant or graft was done for 20 minutes, then remove it for 20 minutes, and repeat while you are awake. Wrap it in a thin cloth — never put ice directly on your skin. Stop icing after 24 hours. From the third day, warm moist compresses (20 minutes, a few times a day) can help swelling and bruising fade. Sleep with your head raised on an extra pillow for the first two nights.

The worst swelling is usually on the third day and gets better with every day after that. Bruising may appear on the face and neck during the first few days. Occasionally swelling or bruising may last longer than a week.

Pain medication and antibiotics

Take **prescription pain medication** as directed. It can make you drowsy — do not drive or operate machinery, and do not drink alcohol, while taking it.

If you are not taking prescription pain medication:

- **Ibuprofen** (Advil, Motrin) **600 mg** (three 200 mg tablets) every 6 hours with food. *Do not exceed 2,400 mg in 24 hours.*
- **Acetaminophen** (Tylenol) **500 mg** every 6 hours as needed; it can be taken together with ibuprofen. *Do not exceed 3,000 mg in 24 hours.*
- Do not take ibuprofen if you have kidney disease or stomach ulcers, take blood thinners, or are pregnant — call us for an alternative.
- Many prescription pain medicines (such as Norco or Percocet) already contain acetaminophen. Count it toward the 3,000 mg limit and do not add extra Tylenol.

If prescribed, continue your **antibiotics** until gone; do not stop taking them.

During the next week

- **Do not** smoke — smoking is a leading cause of implant and graft failure
- **Do not** eat or drink hot food or liquid
- **Do not** suck through a straw
- **Do not** chew on hard food
- **Do not** brush or floss around the surgical site
- **Do not** pull on lips or cheeks; this may disturb healing of the surgical site
- If you received a surgical stent or immediate denture, **do not remove it** until the next morning

Diet

A **soft diet** is recommended for the next week. Some examples: eggs, yogurt, cooked cereal, soft pasta, baked fish, canned fruits and vegetables, mashed potatoes, soups, ice cream or pudding. Ensure or Boost nutritional supplements may also be helpful.

PerioRx rinse

If given **PerioRx**, start rinsing today. Fill the measuring cup to the fill line (½ ounce). Swish in your mouth undiluted for 30 seconds and spit out. **Do not eat or drink for 30 minutes** after use. Use after breakfast, after lunch and before bedtime. Continue using PerioRx for one week only.

If you had…

A sinus graft

- For 2 weeks, do not blow your nose
- Sneeze with your mouth open
- No flying or scuba diving until Dr. Bondar clears you
- A little bleeding from the nose is normal

A socket graft or bone regeneration (GBR)

- Small sand-like granules in your mouth are normal
- Do not press on the site with your tongue or fingers
- Nothing should rest on the graft — if a removable temporary presses on it, call us

A temporary crown placed the same day

- **Do not bite or chew with it** until your final crown is delivered
- Cut food into small pieces and chew on your back teeth
- If it feels loose, call us — do not wait

A removable temporary tooth

- It should not press on your gums
- If it causes sore spots or pressure, call us for an adjustment

Full-arch treatment (new teeth on implants)

- **First week:** only foods with the consistency of mashed potatoes or cottage cheese
- **After the first week:** foods no firmer than steamed vegetables for the next 3 months
- Do not try to remove your bridge

Call us right away if

- **Numbness continues longer than several hours** after surgery
- Bleeding does not slow after two rounds of gauze pressure
- You have a fever over 101°F
- Swelling gets worse after the third day, or you notice pus or a bad taste
- You develop a rash, itching or hives after taking a medication

Call **(603) 427-0043** any time. After hours and on weekends, **listen to the answering message** — it gives Dr. Bondar's cell phone number.

Please keep your scheduled follow-up visit, and call us with any questions.

"I appreciate your trust and hope that your recovery will proceed without any complications. If you have any concerns, please do not hesitate to call immediately. Your concerns will be addressed in a timely manner."

Vitali Bondar, DDS

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