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POST OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANTS AND SINUS LIFT

In order to minimize the possibility of infection or complications; it is necessary to follow these procedures:

- **DO NOT:** Vigorously rinse, spit, drink through a straw, or **smoke** for at least 5 days.
- **BLEEDING:** If the doctor places gauze, Bite down using moderate pressure for the first 45 minutes. If you have continued bleeding, change the gauze and bite for an additional 45 minutes. When removing gauze, do so carefully. **MINOR** oozing is to be expected during the first 24 hours.
- **MEDICATION:** Please pick it up from your local pharmacy. Take medication as instructed; and always with food. Softer food that is easy to swallow is recommended to take medication while still numb.
- **EATING:** Eat soft foods, such as yogurt, eggs, potatoes, soup or shakes **for 2 weeks (DO NOT USE A STRAW)**. Avoid hard, crunchy foods, and carbonated beverages.
- **ORAL HYGIENE:** **Do NOT** brush or floss the area of procedure until further notice . On the second day, **gently** rinse your mouth with warm salt water several times a day (½ tsp. Salt to 8 oz. warm water). You may also use a Q-tip to **gently clean the teeth AROUND** the area. **DO NOT** attempt to clean the site with a toothpick, WaterPik, or any other device **for 2 weeks**.
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- **NO SMOKING:** No smoking for the first 5 days, please! The less you smoke the faster you will heal. Avoid smoking as much as you possibly can. This may be a good time to quit.
- **SWELLING:** Moderate swelling is not uncommon after oral surgery. Place an icepack on the face over the area for 10 minutes on, 10 minutes off. Continue this routine for 1-3 days. Rest with your head elevated. Gently rinse your mouth with warm salt water several times a day (½ tsp salt to 8 oz. warm water).
- Refrain from strenuous activity such as exercise, housework, or gardening for at least two days.
- **FOR SINUS LIFT**
Please purchase OTC Sudafed (pseudoephedrine only) to take for 5 days. **Do not blow your nose**. If you have to sneeze or cough, only do so through your open mouth. Bleeding through your nose is possible the first day. Absolutely no smoking after a sinus lift procedure
- Keep your follow up appointment as directed. If you have any questions or concerns, please call our office at (619) 226-4784. After hours, you can reach **Dr. Graham: (858) 342-5136 or Dr. Smith (562) 896-8255**