

Post-Operative Instructions for Patients Receiving Implants

1. Immediately following surgery saline saturated gauze rolls are placed over the surgical site for approximately two (2) hours to eliminate swelling and edema. Appliances (if needed) should be left in 24-48 hours immediately following surgery after which left out as much as possible. Do not eat with the appliance in mouth.
2. During the first 24 hours placement of ice on the cheek over the area of surgery for the duration of 15 minutes on/off until bedtime will significantly reduce the amount of swelling.
3. An oral rinse has been prescribed. Use of this starts the day following surgery.
4. Heavy lifting or aerobic exercise is not recommended for the first three (3) days. Normal activity may resume the day following surgery.
5. It is possible for swelling and bruising to occur even after using ice packs; this is not an unusual circumstance and should diminish within a few days. Elevation of the head during sleep may also lower the amount of swelling which may result.
6. High protein drinks are advisable for the first day working up to pureed food in a blender. Foods should not be excessively hot or cold, cool to tepid temperatures are advisable.
7. Avoid Alcohol (even beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.
8. Following each meal the surgical site should be gently rinsed with salt water. Notify the doctor if anything seems out of the ordinary-under no circumstance should the patient cut or remove any sutures from the surgical site.
9. One week from the day of surgery a post operative visit or possible suture removal will be scheduled.
10. In case of emergency, please call the office. After hours you may contact Dr. Burliss at the following pager number (603) 221-9800.