



Post-Operative Instructions

- MEDICATIONS Take all prescribed medications as directed - Finish ALL antibiotics and anti-inflammatories.
- MEDICATIONS FOR DISCOMFORT Motrin 600 mg, in conjunction with 1 Extra Strength Tylenol (over the counter, 3 times a day, with food, until completed).
- SWELLING Swelling is normal for up to 1-2 weeks post procedure, peaking at 2 to 4 days and especially in the early morning.
 First Two Days: Apply ice pack 15 minutes on/15 minutes off
 Third Day: Apply heat pack 15 minutes on/15 minutes off
 Sleep on 2 pillows to elevate head
- BLEEDING Light bleeding (oozing) from the surgical area may occur for up to 48 hours post-surgery.
 Control by applying pressure with moist gauze or a wet tea bag for minimum of 30 minutes.
- DIET All soft foods for 2 weeks post-procedure **Do NOT eat hard, crunchy, fried or spicy foods along with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, kiwi seeds, cereal, bread, pizza, candy, rice, nuts, gum, nachos, steak, wings, sausage, etc.
 Eat soft foods such as: yogurt or cottage cheese, soup, well-cooked veggies, soft bread, mashed potatoes, stuffing, pudding or gelatin, sorbet, oatmeal, pasta, eggs, applesauce, bananas, protein shakes, fish, ground meat.
- ORAL HYGIENE Do NOT brush or floss the area for 2 weeks. Okay to clean other teeth.
 Rinse with Closys 2X a day until completed. Okay to rinse with warm salt water after 24 hours.
- AVOID FOR 24 HOURS No bending or heavy lifting Anything Hot - food or drinks Smoking
- AVOID FOR 3-5 DAYS Cardio Exercises Spitting with force Aspirin
 Drinking from a straw
- IF APPLICABLE:** Use nasal saline nose spray for two weeks.
Sinus Avoid bending over, nose blowing and suppressing a sneeze for 2 weeks.
Instructions Avoid flying for 3 weeks.
(Sinus Grafting Slight nose bleeds are normal for up to 2 weeks.
Procedures) Small bone particles may be found in the mouth in the morning, they are normal.
- DRESSING Do not drink hot liquids for 24 hours after surgery. When/if dressing falls off, use a Q-tip dipped in Closys and gently swab the area. If the dressing becomes loose, simply remove it, do not try to push it back in place, this will irritate the tissue.

***During business hours, if questions or concerns arise, you may call our office
Philadelphia 215-677-8686 or Lower Gwynedd 215-643-4393.***

Emergencies after office hours, please call the office and you will be prompted to the answering service.

PHILADELPHIA OFFICE

9880 Bustleton Avenue Suite 211-212
Philadelphia, PA 19115
215-677-8686
info@padentalimplants.com

LOWER GWYNEDD OFFICE

1600 N Bethlehem Pike North Building Suite
100, Lower Gwynedd, PA 19002
215-643-4393
infoambler@padentalimplants.com

Additional notes for you:
