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### **Post- Operative Instructions for Implant Patients**

- 1) Keep gauze dressing in place until you get home. Constant pressure on the gauze will help control bleeding. It is not necessary to clench your teeth. Keeping your mouth closed with your teeth together is enough pressure. Remove the gauze after one hour. The surgical area may “ooze” for up to 24 hours after surgery and this is normal. You may replace the original gauze if the area is continuing to bleed. If bleeding persists, please call the office.
- 2) Eat or drink only cool soft foods such as mashed potatoes, scrambled eggs or well-cooked spaghetti for the first 24 hours. **DO NOT EAT OR DRINK ANYTHING HOT.** Stay away from spicy, crunchy foods. Drink plenty of liquids and maintain a balanced diet.
- 3) An ice bag applied to the face will help reduce the tendency for swelling. Apply ice to outside of face after surgery unless otherwise specified. The best method is to apply ice 20 minutes on and 20 minutes off. Ice packs should be used for approx. 48 hours after surgery.
- 4) Rinse with Peridex, only if given a prescription for it, each morning and before going to bed.
- 5) The mouth should be gently rinsed with warm salt water beginning 24 hours after surgery, 1/2 teaspoons of table salt in 8 oz. of warm water is sufficient. This should be done for one week, after every meal.
- 6) If prescriptions are given, use only as directed.
- 7) Do not smoke, use a straw or spit for at least the first 48 hours after surgery. These actions can cause slow healing.
- 8) Please return for follow-up examination within 7-10 days. Sutures will be removed the following week, if necessary.

**Remember, Dr. Armanious can be reached 24 hours a day.**

**If you have any problems AFTER HOURS, please call Dr. Armanious directly on his mobile phone at**

**703-347-2750**

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*Diplomate of the American Board of Oral & Maxillofacial Surgery  
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