

IMPLANT PLACEMENT POST-OPERATIVE INSTRUCTIONS:

1. Some bleeding after surgery is normal. If the bleeding is excessive, place gauze or a moistened (not soaked) tea bag over the area and apply firm pressure for 15-30 minutes. Do not check to see if the bleeding has stopped until 15-30 minutes later.
2. To minimize swelling, an ice bag should be applied to the outside of the face adjacent to where the implants were placed for the first 6-8 hours after surgery. This should be done for 10 minutes on and 10 minutes off.
3. If swelling occurs, it will usually start the day after surgery. To minimize swelling, cold compresses should be applied to the outside of face. This is a normal and common occurrence and it may be accompanied by bruising. Do not be alarmed if swelling occurs. If it seems excessive, do not hesitate to call Dr. Hasday at (516) 665-1029.
4. Do not rinse your mouth or drink through a straw for the first day after surgery. After the first night, you should rinse your mouth regularly with salt water (1 cup of warm water to 1 teaspoon salt) or peroxide and water (50:50). This will help healing and promote better breath. It will also make your mouth feel better.
5. Soft foods are generally advisable following surgery and for the first few days. Fluids, soups, yogurt, soft cheeses and foods mixed in a blender are all good choices. It is important that you are nourished adequately to promote healing. Return to a normal diet as quickly as possible.
6. If your lips become dry or chapped or if cracks develop at the corners of your mouth, use Vaseline often to soften your lips, especially at bedtime.
7. If you have a denture, it is absolutely essential that it is not placed in your mouth until instructed to do so. This is usually for the first 1-2 weeks after the surgery. **You must take the denture out at night while sleeping.** If a temporary crown is made at this visit you are NOT to function (chewing or biting) on it for 3 months.
8. Be certain to take the prescribed antibiotic at the recommended dosage and to return to the office for all scheduled postoperative visits. These will usually be weekly for the first few weeks and monthly until second stage surgery.
9. Smoking has been shown to delay healing in the mouth and should be completely eliminated for at least the first week or two following the surgery. Smoking after surgery is one possible cause for early implant failure.

In case of an emergency you can contact Dr. Hasday by beeper at (516) 455-1351. It works like an answering machine, just put your phone number in and you will receive a call back.

**Dr. Keith H. Hasday 132 North Park Avenue, Rockville Centre, N.Y. 11570,
(516) 678-1316
Emergency: (516) 455-1351 || Cell: (516)526-9857**