



# Visage Surgical Institute

Oral-Facial & Cosmetic Surgery • Dental Implant Center • Endodontics

Faisal A. Quereshy, M.D., D.D.S., F.A.C.S., Inc. • Board Certified, Medical Director

Najla Usman, D.D.S. • Board Certified Endodontist

## RECOVERY INSTRUCTIONS DENTAL IMPLANT SURGERY

**Position** When reclining, elevate your head and back with several pillows for the first 1-2 days after surgery.

**Ice** Ice packs or cool damp wash cloths should be applied on or around the treated areas, especially over the cheeks. This will lessen the amount of swelling, bruising, and pain. Place a cloth between the skin and the ice pack to protect the skin. An easy schedule to follow is 20 minutes on and 20 minutes off.

**Heat** You may begin heat packs 24 hours after ice packs are stopped to help increase the circulation and help the body rid itself of swelling and bruising. Use heat a maximum of 20 minutes per hour. The temperature should be closely monitored, **NEVER** set an electric heating pad above a medium setting. Any numbness in treated areas make it possible to burn your skin without knowing. To prevent serious injury from your electric heating pad **BE CERTAIN** it is approved for use with moisture. Heat may be used until the swelling and bruising have resolved.

**Diet** **First Week:** A soft chew diet should be followed. **ABSOLUTELY NO CHEWING. ON THE IMPLANT SITE AREA.** You may eat anything that does not require chewing.

**Activity** During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed. However, you should rest when tired. Avoid bending over or lifting more than 5 pounds during the first week

**Other** Begin oral hygiene immediately after surgery. Brush any teeth with a gentle brush only, and use the prescribe antibiotic mouth rinse to help clean and freshen the mouth, rinsing 3 times daily. Your surgery was accomplished by an incision inside your mouth. Do not disturb sutures with your tongue. The only care necessary for intra-oral sutures is the mouth rinse, described above. Do not use water picks at this time. If you have partial or complete dentures, do not wear them after surgery until approved by your doctor.

**Sports** No swimming, gym, or strenuous activities for one week. Passive exercise is permitted, like walking. Any other questions should be directed to your surgeon.

**Medications** **Pain Reliever:** take one tablet when you arrive at home. Additional tablets may be taken every 4-6 hours as needed for pain relief. **CAUTION:** Do not drive or operate machinery while taking pain relievers. Take with food or liquid to avoid nausea.

**Antibiotics:** take them as indicated on the bottle and complete the full course of pills until finished.

**Anti-swelling:** These will help to reduce the amount of local swelling, and pain..

**Aspirin:** avoid taking aspirin or aspirin containing compounds during your first week after surgery.

### **PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:**

- A. Sudden or excessive bleeding, swelling, or bruising.
- B. Any itching, rash or reaction to medications.
- C. Fever, temperature over 100 degrees (taken orally).
- D. Discharge or odor from the mouth or oral incisions
- E. ANY INJURY TO THE MOUTH OR FACE.

*Faithful adherence to post-operative instructions will help to minimize swelling, pain and discomfort. If you do have any problems, **please** do not hesitate to contact me for assistance.*