



A bone grafting procedure and/or a dental implant placement has just been completed for you. Sutures have been placed to hold the tissues together during healing. Two weeks after the surgery, the sutures will be removed and you will be examined by the doctor.

If you were given a medication to relax before today's procedure, you were required to have someone drive you to and from today's appointment. It is very important that you do not drive while taking that medication.

Usually you are able to continue wearing your present partial or flipper. Sometimes it is necessary to leave it in the night of surgery. It is important to keep the appliance as clean as possible during the healing period. You may need to use denture adhesive to hold your partial or denture in place during healing. ***AVOID PLACING ADHESIVE DIRECTLY ON THE SUTURE LINE.***

Every consideration must be given to keep the surgical site clean and free of food particles. The following are instructions for your mouth care after surgery:

1. **NO SMOKING.** Smoking is to be avoided for the time specified by Dr. Stahl (at least 1 week before and 2 months after the surgery) since it increases the heat in the surgical area and significantly lowers the body's ability to heal the site.
2. Avoid alcohol for 30 hours after your surgery, commercial mouth rinses with alcohol for two weeks, and very hot fluids and foods for 30 hours after surgery. Lukewarm to cold is adequate. Anything that is cooked must be allowed to cool down.
3. **Rinsing:** Gentle rinsing of the mouth should be started the day of surgery. Frequent gentle rinsing with lukewarm salt water will aid the healing process and maintain cleanliness. Add ½ tsp of salt to a 6 oz glass of water. Avoid use of water pik in the area of the surgical site.
4. **Ultra-Soft Brush:** Please begin using the Ultra-Soft 24 hours after your surgery to cleanse and stimulate the tissue. It will not harm the sutures. Dip the brush into the saltwater rinse and brush directly on the surgical site. Sutures should be brushed at least twice daily.
5. **Antibiotics:** You may be given a follow-up antibiotic prescription. Please take as directed. If an appropriate antibiotic has been prescribed for you today, it is VERY important that the prescription is filled and taken as directed. PLEASE TAKE THE

TABLETS/CAPSULES UNTIL ALL ARE USED. Should you develop hives, itching, skin rash, or difficulty breathing, stop the medication and call the doctor immediately or proceed to your nearest hospital emergency room.

6. Pain: A certain amount of pain must be expected with all types of surgery. An appropriate pain medication has been prescribed for you. Please take it according to the instructions. It is advised that you do not drive while taking the pain prescription. However, if only Motrin and or Tylenol is needed, most people are able to drive without any problem.
7. A STELLALIFE Recovery kit was given to you prior to your surgery. You should already have been using the rinse, gel and spray for 3 days. Continue to use the gel and spray after the surgery. Both the gel and the spray can be applied to the surgical site with care. Wait 1 week to use the rinse again.
8. If you have been given a prescription for a Medrol Dose Pack, please take it as follows, not in the way it reads on the package. Please take all the pills for the first day in one dose as early in the morning as possible and do the same with each daily dose there after until gone. If given a refill, please do not get it filled unless you have been instructed to by the office.
9. If you are able to take Motrin (Ibuprofen) and Tylenol (Acetaminophen) these are the best medications when used in combination to manage any pain or discomfort you may have after the procedure. Take 600 mg Motrin then three hours later take 500mg of Tylenol. Continue alternating these medications every 3 hours for the next 48-72hours. Then you can take Motrin or Tylenol as needed for discomfort.
10. Swelling: Some swelling and possible minimal bruising is to be expected and is not unusual. In most instances, swelling can be prevented or controlled. Apply the ice pack that has been given to you for a period of 20 minutes on and 20 minutes off during the day for the next two days. The application of ice to the outside of the face over the surgical area will minimize swelling. If after three days you still have inordinate swelling or pain, please call the office.
11. Bleeding: A small amount of bleeding following surgery should not alarm you. If the bleeding is excessive or continuous, please call us at once. Vigorous rinsing of the mouth prolongs bleeding by removing the clotting blood, so when rinsing your mouth, do it gently.
12. Blowing Nose: DO NOT blow your nose, just wipe. If necessary, blow very gently with both nostrils open. If you need to sneeze, do not hold it in, but sneeze with your mouth open.

13. DO NOT spit, gargle, or suck on a straw for 72 hours following your surgery. This tends to loosen the sutures/blood clots.
14. Diet: following the surgery, it is best to restrict your diet to fluids or soft foods for the first day. A normal diet may then be resumed the following day but you will want to avoid chewing on the implant site until the tissue is completely healed. Soft foods such as Jell-O, pudding, mashed potatoes, scrambled eggs, ice cream, and soups are suggested. If you have difficulty chewing, try putting food in a blender or diet supplements such as Carnation Instant Breakfast or Ensure.