



LAKESIDE ORAL SURGERY

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IMPLANT POST-OPERATIVE INSTRUCTIONS

IMMEDIATELY UPON ARRIVING HOME:

- Lie down with your head elevated on pillows.
- Wrap ice pack in a towel and apply to outside of face over surgical site for the first 12 to 24 hours. Keep the ice from directly touching the skin.

GAUZE PACKS:

- Close gently on moistened folded gauze pack(s) for at least one hour after surgery. If a new gauze pack is needed, moisten gauze, squeeze out as much water as possible then fold in a small square and place over surgical site applying gentle pressure for another hour. It is important not to talk while gauze pack is in your mouth.

MEDICATION:

- Make sure to eat something before taking pain medication. Make sure to take pain medication as prescribed. Also, **do not** drive or drink alcohol while taking pain medication.
- Take prescribed antibiotics until they are all gone and take as directed.

DIET:

- Drink plenty of fluids.
- Eat only cool soft foods for 6-8 hours.
- Eat soft, easy to chew foods for 24-48 hours. Avoid crunchy foods.

IMPORTANT:

- **You must return** to the office in ten (10) days for your first follow-up appointment.
- **Do not** smoke, drink from a straw or spit for four (4) days.
- **If you have a sinus lift** accomplished, please strictly follow all of the sinus precautions and instructions.

CALL THE OFFICE IF:

- Bleeding cannot be controlled.
- You develop a temperature or rash.
- You have persistent vomiting.
- You have any concerns or questions.