

# POST OPERATIVE INSTRUCTIONS FOR IMPLANTS

from the office of  
BARRY J. GELBER, D.D.S.

## SWELLING

\*Apply ice to the side of your face as soon as possible—apply it on and off every 15 minutes for a period of 5 hours. ***Do not apply ice after this 5-hour period.*** Ice is meant to help minimize swelling. Most swelling does not appear until two or three days later and takes a couple of days to diminish.

## BLEEDING

\*The following will help you avoid bleeding problems the first 24 hours post surgically:

*NO smoking or use of straws*

*NO rinsing or forceful spitting—please bear with the taste,  
slight bleeding or oozing is normal the first day*

*NO strenuous activity such as exercise for the first three days*

\*If bleeding occurs, **DO NOT RINSE.** Apply constant pressure with moistened gauze or a wet tea bag directly over the surgical area for 15 minutes and maintain constant finger pressure. Change gauze and repeat the procedure 2-3 times if necessary to control bleeding. Notify our office.

## MEDICATION

\* Use the medications prescribed by Dr. Gelber and follow his instructions carefully. ***Do not begin any rinses until the second day.*** Consume the **entire** prescription of antibiotics and take pain medication, if prescribed, as needed per instructions to maintain your level of comfort.

## FOOD

\*Avoid eating or drinking until the numbness wears off.

\* A nutritious soft diet is essential for proper healing. Limit intake of hard or sticky foods. A good general rule to follow is that you can eat anything you like that can be cut with the side of a fork.

## AFTER 24 HOURS

\*Rinse with **Periogard** as prescribed. Maintain all other areas normally by brushing and flossing all areas of your mouth unrelated to the surgical site for the week.

\*Rinsing with salt water (1/2 tsp. salt) is encouraged. Repeat as often as possible to remove food and to make yourself more comfortable.

***Please feel free to call us with any questions that might arise during the week.  
We will be more than happy to assist you throughout your surgical experience.***



