

## Patient Instructions After Dental/Implant Surgery

- **DO take your medications.** As the anesthesia wears off, you may experience some discomfort. You may take non-prescription medications that do not contain aspirin, such as Tylenol or Advil. If a pain medication has been prescribed for you, take it as directed. Do take any antibiotics that have been prescribed to you. Contact the office immediately if you feel ill after taking any prescribed medication.
- **DO expect some swelling and bruising in the area.** Swelling and bruising in the area of surgery is normal during the first and second day after the procedure.
- **DO apply ice to the area** for 20 mins on/10 minutes off to minimize swelling for the rest of the day. Drinking ice water and holding ice chips in the mouth will also help keep swelling in check.
- **DO expect some bleeding near the site.** A small amount of blood in your saliva is normal during the first day. If this occurs, it may be stopped by gently biting on gauze soaked in cold water. If the bleeding is not controlled by this method, please contact our office.
- **DO eat soft foods after surgery.** Soft foods such as yogurt, ice-cream, jello and cottage cheese will ensure that the surgical area is not compromised. Do not eat hard foods such as nuts, popcorn and seeds. To avoid irritating the site, do not eat foods that are too warm or spicy.
- **DO relax and rest after the surgery.** Sleep with your head elevated for the first few nights after surgery.
- **DO clean your teeth after surgery.** Maintain your dental hygiene routine for teeth that were not part of the surgery. Avoid the surgical site for at least a week or until you are instructed otherwise.
- **DO NOT use a straw or spit for 24 hours following the surgery.** Both can prolong bleeding or damage the surgical site. After 24 hours you may gently rinse after each meal to clear the surgical area of food debris.
- **DO NOT disturb sutures.** If sutures are present, avoid the area when eating and brushing. Sutures will be removed in 7 to 14 days following the surgery.
- **DO NOT drink hot liquids for 24 hours following surgery**
- **DO NOT smoke for two weeks following surgery**
- **DO NOT drink alcohol for one week following surgery**
- **DO NOT exercise for three days following surgery.** Avoid prolonged aerobic activity during this time.

### EMERGENCY TELEPHONE NUMBERS

Office: 301-652-9505

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OBEIDDENTAL

