

SAEID MALBOUBI DDS, MS, CAGS

Periodontist and Implant Surgeon

Post Operation Instructions

1. Please DO NOT eat or drink anything HOT or WARM for the next 24 hours. All drinks must be room temperature or cold.
2. Absolutely NO smoking for 14 days.
3. DO NOT use a straw.
4. DO NOT spit or gargle hard for the next 48 hours.
5. Enjoy soft cold mashed foods such as soups, potatoes, ice cream, yogurt and gravy for the first 2-4 days after surgery. Please avoid food that are hard, crunchy, chewy or foods that have sharp edges.
6. When eating DO NOT chew on the side you had surgery on.
7. DO NOT brush or floss the area of surgery for ONE WEEK. Use room temperature Salt Water 4 times a day to rinse your mouth for 5 days.
8. Please avoid brushing and flossing until everything is healed.
9. Immediately after surgery apply Ice packs to your cheek for 5 minutes at a time, then remove the ice pack for 5 minutes. Repeat for the remainder of the day.
10. Do Not take any medication on an empty stomach.
11. Take 1 Motrin every 6 hours for pain and inflammation relief. Please continue taking the Motrin for the next 7 days even if you see no sign of inflammation or pain.
12. Not taking the Motrin can cause swelling or bleeding in the area.
13. Every morning after breakfast and every night before you go to bed rinse with Peridex for 1 Minute on each side of the surgery. Avoid eating or drinking even water after each of use of Peridex for 30 minutes so that the solutions stays in your mouth and kills all the bacteria due to not brushing.
14. DO NOT exercise for 24 hours after the surgery.
15. Avoid Blowing your nose for the first 3 days.

Following all the above steps is essential in your healing process.

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