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**Implant Post-Op Instructions**

**Ice**

Keep an ice pack up against cheek (20 minutes on then 20 minutes off) on the surgery side (alternate sides if both had surgery). Continue this for the next 3 to 4 hours. This will greatly reduce the chance of swelling.

**Pressure**

If you have bleeding, maintain pressure on the area by biting on the gauze provided. If you run out of gauze a tea bag is a good substitute. Continue biting on the gauze until bleeding is absent or barely evident. This is extremely important. Applying pressure greatly reduces the chance of facial discoloration and helps form a clot. If you wear a denture, applying gentle pressure on it is adequate.

**Rinsing**

You may rinse gently with warm salt water (a teaspoon of salt in a glass of water)

**Eating**

It is important that you maintain your intake of food. You probably will not be able to chew near the incision. If the incision is under a denture you most likely will not be able to eat with the denture until the sutures are removed. You are going to want to eat soft foods like: yogurt, cottage cheese, bananas, eggs, and oatmeal just to name a few. As the area heals and the soreness goes away you can add back more solid foods.

**Sutures**

Please do not pull at your lip or at the sutures. Depending on the type of sutures used they will either dissolve or require you to come back in 7-10 days to have them removed. The doctor will inform you of what you need to do.

**Discomfort**

Some discomfort is unavoidable. To help with the pain you can start by alternating Tylenol and Motrin. If this does not seem to help you can ask the doctor if there is anything else that will help.

***IF YOU HAVE ANY QUESTIONS OR CONCERNS DO NOT HESITATE TO CALL THE OFFICE 859-384-0776 OR DR. TURNER’S CELL NUMBER 859-609-3147.***