

POST OP INSTRUCTIONS FOR IMPLANTS AND BONE GRAFTS

Max Moncayo, D.D.S.
Oral and Maxillofacial Surgery

- No smoking for the next 5-7 days. If you do, your implant will fail!
- Do not lift up your lip or pull on your cheek to look at the sutures (stitches). This can tear open the surgical site!
- Oozing of blood is normal for the next 24-48 hours and after eating.
- Do not apply pressure with you tongue or fingers. The material is movable during the initial healing period.
- Take all prescriptions as directed.
- **Keep the salt water gauze on surgical area for 30 minutes following surgery. Place an ice pack on your face for 20 minutes, then remove for 20 minutes and reapply for 20 minutes. Repeat this every other hour for the first 24 hours.**
- Try to stay still for the first 24 hours and please sleep in an elevated position for the first few days. Use an extra pillow or two behind your back and neck.
- Place salt water gauze on surgical area for 20 minutes after eating for the next two weeks.
- Please rinse gentle with salt water after 24 hours for 1 minute, then let it flow out of your mouth. Do not spit or swish with it! Repeat the prescribed number of times per day.
- **Do not brush the surgical site with toothpaste for the first month.** Instead, dip your tooth brush in salt water and then brush your teeth.
- No heavy exercise for the first two weeks.
- No hot, spicy or acidic foods (orange juice, tomatoes, salsa) for one week.
- No alcohol for one week, or as long as you are taking the prescribed narcotics.
- No spitting, sneezing, blowing your nose vigorously, drinking from a straw or vigorously rinsing (swishing) your mouth. If your nose is congested, use Afrin.
- You can expect to find small particles in your mouth for the first several weeks.
- **Notify the office if:**
 - A) A suture falls out in the first three days
 - B) If a membrane that has been placed should loosen within the first two weeks
 - C) If a large amount of particles are lost from the bone graft surgical site
 - D) If your medications do not relieve your discomfort
 - E) If you start having a bad taste or bad smell in your mouth or unusual swelling

Max Moncayo D.D.S. _____ Office #: _____ Emergency #: (909)-908-9660