**Post Operative Implant Instructions**

* Take medication as doctor advises. It is best to take over the counter pain medication prior to the anesthetic wearing off. Ibuprofen, Motrin, Advil, Aleve is preferred
* **NO SMOKING.**
* **SPITTING, RINSING, OR SUCKING THROUGH A STRAW** for the next 24 hours.
* **No** strenuous activity for the rest of the day.
* Soft, cool foods for the remainder of the day (ex. Ice cream, smoothie, pudding etc.) Over the next several days avoid chewing on that side, nothing hard/crunchy (ex. Ice, nuts, chips etc.)
* Gentle rinse with warm salt water 3-4 times per day starting the day after procedure. 1 teaspoon of salt to 1 cup warm water. This will aid in the healing process
* **DO NOT BRUSH DIRECTLY OVER THE SURGICAL SITE** for up to 1 week after procedure.
* **DO NOT USE MOUTH RINSES or HARD LIQUOR**  (Examples: Listerine, ACT) for up to 1 week after the procedure.
* Do not be alarmed if sutures that are placed become loose prior to your 2 week appointment to have them removed.
* If you have any questions or an unforeseen complication arises please call 1-518-664-4903 Monday-Thursday 8AM-5PM, at any other day or time call 1-585-245-1383.