

Post-Operative or After Surgery Instructions

Total Arch Dental Implant Center

Michael Weisner, DDS | 772-444-6131 | info@totalarchdental.com

Pain Management

1. Ice (20 minutes on, 20 minutes off) for next 48 hours.
2. Next 3-4 days: 800mg of Motrin, Ibuprofen, or Advil 3-4 times a day. If you prefer Aleve or Sodium Naproxen 500mg, 2 times a day as needed for **Pain** and **Inflammation**.
3. Vicodin, Hydrocodone, Percocet, Oxycodone, or Tramadol may be prescribed in addition for **Pain**. Please take with food and water.
4. If Prednisone or Methylprednisone is prescribed for **Inflammation**, please take as prescribed.
5. If antibiotics are prescribed, take immediately.
6. Peridex or Mouthrinse, start tomorrow.

What to Expect

- Pink or red in the saliva for the next 24 hours is okay.
- Dark red or uncontrolled bleeding and you're unable to breath or swallow is NOT OKAY. Call immediately.
- The most pain / swelling you will experience will occur 2-4 days following a procedure.

2-3 Days Post Procedure

Yes	No
1. Ice coffee in cup	1. Hot coffee
2. Yogurt	2. Smoking
3. Ensure	3. Straws
4. Noodles	4. Looking at surgical site
5. Eggs	5. Rinsing with salt water or peridex or brushing
6. Light brushing after 24 hours	6. No alcohol for 24 hours

Total Arch Dental Implant Center

Michael Weisner, DDS | 772-444-6131 | info@totalarchdental.com

Food Restrictions While Wearing Temporary Prosthetic Teeth on Implants

Failure to comply with the list of foods provided can result in breaking of temporary teeth and implant failure. You will be charged \$2500 to remake a broken temporary prosthesis

Yes, you can eat:	No, you can't eat:
<ul style="list-style-type: none">-noodles-bananas-yogurt-protein shakes-ground meat-deli meat-pancakes-eggs-apple sauce-juice-coffee-shredded chicken-mash potatoes-ice cream-pudding-soup	<ul style="list-style-type: none">-crispy hard fruits (apples, pears, peaches, hard plums)-hard vegetables (lettuce, carrots, onions, peppers, asparagus)-croutons-frozen fruit-blackberries or fruit with seeds-fried or grilled chicken or steak-pizza-jerky-potato chips-nuts-gum-cereal-toast-ice cubes-hard french bread-seeds-cookies-gummy bears, skittles, starburst-hard candy such as jolly ranchers, candy canes
<p>Anything harder that you may desire, please put in blender</p>	<p>When in doubt, don't eat it. Please call the office.</p>