

Same Day Smile Post Op Instructions:

- In general, the mouth heals well and quickly. In order to increase the chance of uneventful and speedy healing after surgery, it is important to be careful not to disturb the site and to follow the instructions outlined below.
- In most cases, you will be instructed to use a product called StellaLife to help with healing and comfort after surgery. The directions are procedure-specific and separate instructions will be given for its use.
- After surgery, do not disturb the wound until instructed by your doctor.
- Avoid rinsing and spitting for 48 hours (other than instructed with **StellaLife**®).
- Avoid strenuous activity for at least 48 hours or as directed by your doctor.
- Ice the area to minimize swelling for the first 48 hours as much as possible in 15–20-minute intervals.
- Some bleeding is normal for 24 hours. If bleeding continues, call our office.
- Swelling is also normal, as is bruising. Using an ice pack as instructed above will help keep these side effects to a minimum.
- Some pain or discomfort is also normal. Take pain meds as instructed by your doctor. Usually Ibuprofen (Motrin, Advil) 600- 800 mg every 6 hours Or Acetaminophen (Tylenol 500-1000 mg every 4 hours is sufficient. For more significant pain a combination of Ibuprofen and acetaminophen works very well and will be instructed by your doctor.
- Keep your head elevated during sleep for the first night or two.
- Maintain a **Liquid to Soft** nutritious diet with plenty of fluids.
- No drinking through a straw, and nothing too hot to eat or drink for 48 hours.
- Avoid brushing the area until instructed by your doctor. Continue normal oral hygiene in the rest of your mouth, making sure to rinse very gently.
- Take prescribed antibiotic with foods/as directed until complete to prevent infection. If GI upset occurs, call our office immediately.
- Refrain from smoking until healing is complete. Using tobacco or other smoking products significantly decreases the ability to heal properly and increases the chance the implants will not heal.
- Please plan the following schedule for *post-op appointments*: twenty-four (24) hours, one (1) week, and three (3) weeks to check-on your progress.
- If any concerns develop, call our office immediately (215) 493-4021.