

POST-OPERATIVE IMPLANT INSTRUCTIONS

For patients of Dr. Hostalet

1. While awake, ice your face for 30 minutes on, 30 minutes off during the 48 hours following surgery. Additionally, keep your head elevated while sleeping during the next 3 nights.
2. Do **NOT** brush the areas of surgery or areas where stitches are present for at least 7 days. You may begin brushing all other areas of your mouth the **day after** surgery. Use the prescribed mouthwash twice daily; once in the morning after eating and once before bed. You may use saltwater throughout the day to help cleanse the areas after snacks/meals.
3. If you had **sinus lift bone graft surgery**, avoid blowing through your nose for the first week. If you have to sneeze, please do so through your mouth and do not attempt to hold it in. We want you to avoid building pressure in your sinus. To help you avoid these instances, you should use an **over-the-counter allergy/decongestant medication** (Allegra-D 12 hour, Claritin-D 12 hour) for 3-5 days following surgery.
4. Your diet should consist of soft foods during the first week following surgery. A pasta-like consistency diet is adequate. After a week, you may begin to advance to a normal diet. Avoid hard or crunchy food for 2 weeks.
5. Take your antibiotic as prescribed.
6. Please call our office at 317-272-2200 should you have any questions or concerns. **If you have a medical emergency that cannot wait until the next business day, call 317-441-2003.** Please have the name of your doctor and your pharmacy number in case we need it.