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Post Implant Surgery Instructions

1. If tolerated well, take 2 or 3 Advil (Ibuprofen) every 6 hours for the first 24 to 72 hours following surgery.
2. Post operative pain should be controlled by the Advil and analgesic tablets prescribed. The pain pills should only be taken if they are needed in addition to the Advil. Please call if this is NOT the case and further instructions will be given.
3. There may be some post operative swelling and bruising. Ice packs should be used, alternation 10 minutes on and 10 minutes off, for the first 72 hours. Beginning on day 4, hot, moist compresses may be used to assist in eliminating swelling that has occurred.
4. There may be slight bleeding or discoloration of saliva for several hours after surgery. This should correct itself.
5. Avoid hot drinks and foods the day of the procedure. Do not use a drinking straw during the post-operative period. Limit yourself to a semi-soft diet and do any chewing opposite the surgical site, if possible.
6. Rinse gently with Stella Life 2 to 3 times per day. The day after treatment, also rinse with lightly salted warm salt water.
7. If sinus elevation surgery was done, refrain from blowing your nose for the next 2 – 3 weeks. Please just wipe your nose gently. If you must sneeze. Do so with your mouth open.
8. Rest during the first post-operative days is essential. Ease back into your normal activities, but avoid excessive exertion. With increased exertion, you may experience increased discomfort.
9. Please call if there is a problem with:
 - Excessive bleeding
 - Pain not controlled by pain medication
 - Any reaction or nausea caused by the medications
 - 1st week Q-tip 2-3 x day with Stellalife
 - 2nd week switch to Red Brush

Please contact Dr. Hobbs at (919) 422-8970