

Food Suggestions After Surgery

Drinks (NO STRAWS)

- Water
- Juice (NO PULP)
- Ice Chips
- Smoothies/Protein Shakes/Milkshakes (NO SEEDS)

Foods

- Jell-O
- Pudding
- Scrambled Eggs
- Yogurt
- Ice Cream
- Cream of Wheat/Oatmeal
- Soups
- Mashed Potatoes
- Fish
- Pasta
- Pancakes
- Cottage Cheese
- Applesauce

When numbness is gone, add soft foods and increase diet as tolerated.

Additional Information

- **If the corners of your mouth are stretched, they may dry and crack. Your lips should be kept moist with Vaseline.**
- **Sore throats with pain when swallowing is not uncommon. The muscles get swollen, and the normal act of swallowing can become painful. This will typically subside in 2 to 3 days.**
- **Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days. DO NOT FORCE YOUR MOUTH OPEN. Massage the muscles and apply moist heat.**
- **Your case is individual as no two mouths are alike. Please do not hesitate to reach out with any concerns or questions. We are here to help you through this process.**

Implant Post-Op Instructions

BLEEDING: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure. No strenuous activity for 1 day.

PAIN: Some discomfort is normal after surgery. Before the anesthetic wears off, take Ibuprofen every 6 hours or as needed. Do not drink alcohol while taking prescription pain medications.

SWELLING: Applying an ice pack to the face over the surgical area will minimize swelling. Apply for 10 minutes on, few minutes off. Continue this for the first day.

DO NOT SMOKE AS THIS MAY CAUSE THE IMPLANT TO FAIL.

RINSING: Avoid rinsing the first day. After Day 1, you may begin gently rinsing with warm salt water; use 1 teaspoon of salt in one cup of warm water and use as a rinse to promote healing. Do not brush over the surgical site.

DIET: Eat soft foods for the first 2 days. Maintain a good, balanced diet but prevent chewing over the surgical site. Return to normal regular meals as soon as you are able after the first 2 days. Drink plenty of water. Avoid alcohol for 1 week.

SINUS: If your sinus was involved in the procedure, you should avoid blowing your nose for one week. DO NOT BLOW YOUR NOSE.

REMOVABLE APPLIANCES, DENTURES: Your dentist will give you specific instructions about your prosthesis. To avoid putting any pressure on the new implants before they have healed, your denture might be adjusted or significantly modified. In certain cases, you will need to go without your dentures for a period (days or weeks) after the implants are placed. Sometimes a temporary removable appliance is made for cosmetic purposes, until a new non-removable one can be made.

FOLLOW UP APPOINTMENTS: You will need to return to the office in 4 weeks to check your healing and possibly remove any sutures that were not dissolvable. In most cases, you will have dissolvable sutures that will fall out on their own in 4-7 days.

If you have any further questions, please call the office (M-F 8:00 am – 5:00 pm) at (817) 251-4888.

If you need assistance outside of regular office hours, text (817) 591-2234.