



Uncovery 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 2 days.

PAIN: Some discomfort is normal after surgery. Before the anesthetic wears off, alternate between the lighter pain medication first and the stronger pain medication second every 6 hours as needed. Do not drink alcohol while taking prescription pain medications.

SWELLING: Applying an ice bag to the face over the surgical area will minimize swelling. Apply for 10 minutes on, 10 minutes off. Continue this for the first day. **DO NOT SMOKE AS THIS WILL CAUSE THE IMPLANT TO FAIL.**

RINSING: Avoid all rinsing or swishing for 24 hours after your procedure. After Day 1, you may begin gently rinsing with warm salt water. Do not brush your teeth on the surgical site. Keep area clean and start brushing the abutments) 3-4 days after the procedure. This will keep the area clean and lessen your chance of infection that can be caused by build-up.

DIET: Eat soft foods for the first 2 days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first 2 days. Drink plenty of water. Avoid alcohol for 48 hours.

FOLLOW UP APPOINTMENTS: You will need to return for the restoration portion of treatment approximately 2-3 weeks after the uncover of the implants).

REMOVABLE APPLIANCES, DENTURES: To avoid putting any pressure on the abutment placed today, your denture may need to be adjusted or significantly modified. In certain cases, you will need to go without your dentures for a period after the abutments) are placed.

**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.**

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.**