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POST-SURGERY INSTRUCTIONS

Please read over these instructions. If you have any questions, please contact our office. We will be glad to answer any questions that you may have.

1. Take medications as instructed.
2. Place ice packs on side of face where surgery occurred. Keep ice pack **ON** for 15 minutes, then **OFF** for 15 minutes. Apply the ice packs in this manner for the **first 24 hours** (except for sleep time).
3. Do not drink with a straw, spit or blow your nose forcefully.
4. Beginning the day after your surgery, rinse your mouth with warm salt water rinses (glass of warm water, 1/2 teaspoon salt). Do this 4-6 times per day for 5 days. Listerine (Peridex) should be used the day after surgery by gently rinsing for 30 seconds two times a day. After using Listerine (Peridex) do not eat or drink for 30 minutes. Second week gently swab Listerine (Peridex) with Q-tip in surgical area.
5. Your diet will consist of **soft foods** for the next 2 weeks after the surgery. Don't eat on the side of your mouth where you had surgery (eat on the opposite side).

Eat food as follows:

- After your surgery:
Do **NOT** eat hot foods or drink hot liquids for the rest of the day.
 - 1st thru 3rd days:
You may eat **VERY SOFT** foods. For example: applesauce, cottage cheese, yogurt, soups, bananas, mashed potatoes, jell-O, baby food, rice, soft pasta, pudding, ice cream.
 - 4th day thru end of 2nd week:
You may eat **SOFT** foods. For example: tuna, eggs, noodles.
 - During the time that your implants are healing, you should stay away from eating **HARD** foods such as pretzels, bagels, bones, hard candies, etc... Even if you eat on the "other side" somehow the food always manages to travel over.
6. If you had a sinus graft surgery, avoid strenuous exercise for one week.
 7. **IN CASE OF EMERGENCY, OR IF YOU HAVE ANY QUESTIONS THAT YOU NEED ANSWERED, PLEASE CALL US AT (718) 956-7800.** If you reach an answering machine, and need to reach Dr. Termechi immediately, please call the Dr on his cell number at (516) 395-8837. The doctor will return your call as soon as possible.