

## The Dr. Richard E. Betor Cosmetic Dental Group

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### Postoperative Instructions for Implant and Bone Augmentation Surgery

Take all prescribed medication as directed:

**Antibiotics** are to be taken with water for 7 to 10 days.

If nausea, diarrhea, vomiting or rash occurs as a result of the antibiotic, please stop taking the medication and contact the office immediately

**Pain medication** may be taken with food to minimize nausea.

Vicodin (hydrocodone) and Percocet (oxycodone) should not be taken on an empty stomach. If narcotics are not necessary, 400 to 600 mg of ibuprofen (2 to 3 Advil or Motrin) may be taken with 325 mg of acetaminophen (1 Tylenol) to effectively control pain.

1. Immediately following surgery, ice (ice packs, frozen peas or corn) should be wrapped in a towel and applied externally to the surgical site, using it for 20 minutes and then leaving it off for 20 minutes. Continue this routine for the rest of the day to help prevent swelling and associated pain. Should swelling occur, it will peak by the 3rd to 5th day and then begin to dissipate. Ice water or ice chips may be kept inside your mouth off and on throughout the first day for additional swelling reduction and to minimize postoperative bleeding.
2. There may be bloodstains in your saliva for the first day. This is expected and normal. Excessive bleeding should not occur and if it does please contact the office immediately. Holding ice water in your mouth or dipping a small piece of gauze or tissue in ice water and gently applying pressure to the bleeding area for 5 to 10 minutes may often control the bleeding.
3. To aid in healing AFTER the first twenty four hours following the extraction, warm salt water may be used. Dissolve a teaspoon of table salt in a glass of warm water. The mouthwash can be used after eating and before bedtime. Gently roll your head left and right to spread the solution around the mouth, and allow the solution to run out of the mouth. Please avoid spitting. Do not vigorously rinse your mouth as it could result in bleeding.
4. Brushing your teeth is still recommended. For the first week, try to avoid the surgical site while brushing your teeth. The teeth in front and behind the surgical should be cleaned. Protecting the tissue and sutures are our main concern, so please use the warm salt water rinse as explained earlier.
5. The first 24 hours following the surgery, you should not have anything very hot to eat or drink – warm and cold are fine. The first day, stick to foods that don't involve a lot of chewing. Drink plenty of fluids and look for softer foods. Drink a variety of fluids – any kind of juices, broth, bullion, soup, tea, coffee, lemonade, jello, milk, milkshakes, Gatorade, and water. Soft foods – eggs, pancakes, waffles, French toast, spaghetti, mac and cheese, pasta noodles with mild sauces, vegetables in stews, stuffed peppers or cabbage, sloppy joes, tuna, mashed potatoes, apple sauce, yogurt, soft fruits, oatmeal, rice, cottage cheese, ice cream, soups, pudding, and custard.

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\* Offering cosmetic, implant, laser & general dentistry

\* Graduate of the Larry Rosenthal Institute for Aesthetic Dentistry in Manhattan

\* Candidate for Fellowship in the Academy of General Dentistry (F.A.G.D.), a distinction held by less than 2% of all dentists

\* Member - American Academy of Cosmetic Dentistry, American Dental Association & American Academy of Implant Dentistry