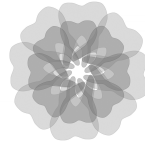


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Preserve Your Teeth
D E N T I S T R Y

POST - OPERATIVE INSTRUCTIONS FOR IMPLANT PLACEMENT

1. Continue antibiotics as per instructions (Generally 7-10 days after treatment 1, 2, 3, or 4 times a day).
2. No rinsing the day of treatment. The day after treatment use the Peridex (Chlorhexidine), to rinse as directed, generally twice a day.
3. Try to curb smoking and coffee consumption. No hot liquids the day of treatment. Try to chew on the opposite side of the mouth for three weeks.
4. Keep up consumption of protein rich foods such as fish, chicken and ground beef provided that they can be easily eaten. Keep up consumption of vitamin B rich greens as well as juices and fruits that are rich in vitamin C. Avoid steaks, chops, corn on the cob, hard rolls, etc. Taking 500 mg of Vitamin C 1-2 times a day is suggested.
5. Try to drink two quarts of water and juice each day.
6. Try to minimize heavy alcohol consumption. ALCOHOL SHOULD NOT BE MIXED WITH PAIN CONTROL MEDICATIONS that contain codein or oxycodone (Tylenol 3 or Vicodin)
7. If there is bleeding, put ice on the outside of your cheek and a wet cold tea bag on the bleeding source; keep the tea bag in position with pressure for 10-20 minutes. DO NOT RINSE OUT BLOOD; LET THE CLOT THAT HAS FORMED FALL OUT ON ITS OWN. WHEN LYING DOWN KEEP YOUR HEAD RAISED ON TWO PILLOWS.

If there are any questions do not hesitate to call.

Thank you for entrusting us with your care.

