



## Post-Operative Home Care Instructions for Implants:

In order to have a successful and satisfying implant result, your cooperation, as part of the process is necessary for complete success. Your attention to detail in following these instructions is extremely important.

### DIET:

- Clear liquid diet for 24 hours
- Full liquid diet for 24 hours
- Soft, non-chewing diet for the next 4-6 weeks in the area(s) where your implants were placed.
- DO NOT USE STRAWS
- DO NOT chew or take in hot liquids until your numbness has subsided.

### FOOD SUGGESTIONS:

- Dairy products including eggs, cottage cheese, yogurt, ice cream or quiches
- Canned or cooked vegetables, including mashed or baked potatoes.
- Fruit - canned or stewed
- Meat s- only ground meats, casseroles or baked fish
- Soups – any soup except those with firm vegetables or meat
- Desserts – soft puddings, custards, Jell-O, ice cream or cake

### FOODS TO AVOID:

- Meats – steaks, chops, roasts, fried chicken
- Vegetables – no raw vegetables or salads, no corn on the cob
- Fruit – no whole fruits, raw fruits or berries
- Desserts – no cookies, pies with crusts, etc.
- No sandwiches or foods which make you force open your mouth or chew.

### FOLLOW-UP TREATMENT:

- Frequent salt water rinses ( 1 tsp. of salt in 8 oz. of water) during the day
- Rest and sleep with head elevated in the first 48 hours
- Use ice on area in the first 48 hours- DO NOT USE HEAT ON FACE
- Bruising and swelling is normal and may last 7 days.
- Use medications as directed.
- Sutures used will dissolve by themselves unless you are told otherwise.
- Attend appointment with doctor in 7-14 days