

**COMPREHENSIVE DENTISTRY OF WESTCHESTER P.C.**  
**SITKI M DOGUS, DDS, PROSTHODONTIST**  
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**Dental Implant Surgery Going Home Instructions**

For your safety and comfort, please review the following information carefully. If you have any questions, please be sure to ask one of us for clarification

- Some blood may be slowly oozing from the surgical site. Bite down on a piece of gauze for about 15 minutes. If oozing continues, change the piece of gauze and repeat. If it has not stopped after that, dampen a tea bag and use it instead of the gauze. (it needs to be tea, not a herbal alternative) If there is active bleeding that requires constant evacuation, contact our office at the number listed above.
- Wait until your numbness to wear off before eating.
- Do not use a straw for 48 hours
- Do not smoke for 48 hours
- You may rinse your mouth gently, but do not forcefully expectorate for 48 hours. After you rinse, lean over the sink, and let gravity take the water out.
- Keep the rest of your mouth clean. You can brush the rest of your teeth. Using drinking water to brush with is a good idea, this way there will be no spitting.
- Apply cold compress to your face on the side of the surgery. 20 minutes on - 20 minutes off up to 48 hours to keep the swelling down
- After 48 hours, if you are swollen, warm compress can help dissolve the swelling and relax your muscles
- Sleep with your head elevated. Use extra pillows.
- If you have dentures, you may keep them in until your next visit. Take them out and clean them after meals, then re-insert.
- If you remove your denture, then have trouble re-inserting, do not force it. Your face may keep swelling while your denture is out, and it may not seat back in right. Return to the office for us to adjust and place it for you.
- Eat nourishing foods that do not require hard work. Try eggs, fish, yogurt, soup, pasta, jell-o, oatmeal, etc. They can be hot or cold.
- Take the medications prescribed for you as directed, if you have a reaction to any of your medicine, contact us at the number listed above, or if it is urgent, call 911 immediately

**If you had a sinus lift, you may experience the following:**

- Nose bleeding
- Black and blue bruising under your eyes

Please take the following additional precautions:

- Do not blow your nose
- If you have to sneeze, do it with your mouth open to avoid pressure in your sinus area