**3 on 6 Post Operative Instructions**

**Immediately Following Surgery**

* We recommend that you take at least a day or two off after surgery to relax and recover.
* Avoid vigorous exercise and strenuous body movements for the first week.
* **Ice**
  + Apply ice packs to cheeks for first 48 hours
    - 2o min on / 20 min off
    - Ice may be continued for up to 72 hours.
* **Diet**
  + Liquid ONLY diet until you have been cleared for soft foods at your post operative appointment (protein shakes)

**Bleeding**

* Slight bleeding, oozing, or redness in the saliva is common for up to 7 days after surgery.
* Active bleeding may be controlled with firm, direct pressure on the surgical site by placing a slightly moistened gauze pad over the area for 30-60 minutes.
* If active bleeding does not subside, please contact Dr. Emett on his mobile phone directly.
* Bloody Nose
  + This is not uncommon. Prevent active bleeding with direct pressure. Oozing and a runny nose are common for up to 3 days.

**Hygiene**

* Beginning on the night of surgery, you may brush your teeth with the soft toothbrush provided in your take home bag. Brush at least 2 times per day, morning and night.
* Avoid your gums for the first week.
* Rinse your mouth using the provided syringe in your take home bag. Use twice daily or as needed for food that may get stuck in your teeth after meals.
  + Use warm salt water: 1 cup of water & Half a teaspoon of salt.
* Stella Life|Vega Oral Care
  + Use all 3 products up to 3x a day, preferably after meals at the same time in the ordered outline.   
    *\*Refrain from drinking or eating for at least 20 minutes after application.\**
  + Step 1| Rinse: Swish 3.4 tablespoons (1oml) for 1-2 minutes, then spit out.
  + Step 2| Spray: Spray 4 times under the tongue.
  + Step 3| Gel: Apply to the gum at the affected area with a cotton swab.
* Water Flosser
  + Begin using 2 weeks after surgery.
    - Starting on the “Low” setting every two weeks increases the pressure, until you reach “Max”. If this is “painful” then decrease the power setting by one level.

**Swelling**

Significant swelling and discoloration are not uncommon, but will usually reach its peak about 72 hours after the surgery and will gradually improve.

* First 72 Hours
  + Ice Only
* 72 Hours after surgery
  + You may apply moist heat to the area. This may speed up the removal of inflammation and discoloration.   
     *\* Do not use heat prior to 72 hours as this could increase the swelling and bruising.\**

**Diet**

* Soft Food ONLY for 3 months
  + Your implants will need time to heal and integrate into bone. This is critical.
* “Plastic Fork Rule”
  + A good rule is to consider soft foods as anything you can cut with a plastic fork.
    - Examples: Eggs, noodles, yogurt, mashed potatoes, pancakes, oatmeal, smoothies and protein shakes.
* Nutrition:Proper nutrition is important for healing. Stay Hydrated and eat a high protein diet.
* Avoid a straw for 1 week following the surgery
* No alcohol for two weeks.

**Night Guard**

* We have provided you with a night guard to use during healing.
  + Begin use after your post-op appointment
  + Use throughout the healing process (3 months minimum)

**Pain Management**

* The local anesthetic given to you during your surgery will prevent pain immediately after your surgery. We recommend you start your pain medication regime prior to the local anesthetic wearing off to stay ahead of the pain.
* Pain and discomfort due to surgery should subside a little more every day. If the pain does not begin to improve or worsens after one week please contact the office.

**Medications**

* **Antibiotics**: Take all your antibiotics as prescribed until finished. Instructions will be on the bottle.
* **Steroids:** Begin the day after surgery. Take all your steroids as prescribed until finished. Instructions will be on the bottle.
* **Pain Medication: Always take with food and water**
  + Prescription Narcotics - Severe Pain
    - If you were prescribed a narcotic follow the instruction as directed on the bottle.
  + Over-the-counter - Slight to Moderate Pain
    - Take 1000mg Tylenol PLUS 800mg of Ibuprofen together
      * You will take a total of 1800 mg at one time. Take every 6 hours as needed for the pain.
    - Bedtime: Add 1 benadryl 1 hour before bedtime as a sleep aid.
* Constipation is a common side effect of certain medications
  + Treat constipation with MiraLAX (Follow Directions on the bottle)
* Diarrhea is a common side effect of certain medications
  + Treat diarrhea with Imodium AD (Follow Directions on the bottle)

**Additional Post Surgical Considerations**

* **Numbness**
  + Notify the office if post operative numbness persists for more than 48 hours.
* **Fever**
  + Slight fever immediately following surgery is not uncommon.
  + Notify the office immediately If your temperature reaches 101 degrees fahrenheit or greater.
* **Bony Projections**
  + Occasionally patients may feel hard projections of bone at the surgical site with their tongue. These will usually smooth out on their own if not they can be removed at one of your follow up appointments by the Doctor.
* **Dry Lips**
  + The corners of your mouth may become dry and crack due to prolonged opening during your procedure.
    - We provide a Vaseline lip balm in your take home bag to use and help keep your lips moisturized.
    - Staying hydrated will also help this.
* **Limited Jaw Movement**
  + Stiffness of the jaw muscles may make it difficult to open your mouth for several days. This is normal and will resolve with time.
  + Exercise your jaw muscles gently by opening wide. This will help relieve the stiffness at a faster rate.
* **Sore Throat & Bloody Nose**
  + This is very common after sedation as you have a tube that goes up your nose and down your throat. This will resolve within a week from the procedure.