

Frequently Asked Questions

Q: Should I expect swelling? If so, how long can I expect it to last?

- Yes, swelling is normal. The third day is the peak for swelling after most surgeries. Swelling can last for a period of 5-10 days

Q: What can I do about swelling?

- During the first 6-8 hours only, apply cold packs to the affected area of your face in 20 minute intervals (apply for 20 minutes on, 20 minutes off). The day after surgery, place hot packs on the affected area of your face for 20minute intervals (20 minutes on, 20 minutes off).

Q: What can I do about soreness?

- Rinse lightly with diluted warm salt water – 1 tablespoon per quart of water.

Q: After surgery, when should I take my pain medication?

- Pain medication should be taken before numbness from the local anesthesia wears off.

Q: If I feel better, can I discontinue taking the Antibiotic medication?

- No, take as prescribed until completed.

Q: Will I experience bleeding?

- Maybe. It is normal to have slight bleeding for 2-3 days. Your blood and saliva mixture will have a pink tint. This is considered normal. If profuse bleeding occurs, apply light pressure to the area with clean cloth or apply a wet tea bag over the surgery site. If bleeding does not stop within 1 (one) hour, please call my office or home if after hours.

Q: Can I brush my teeth following surgery?

- Brush all teeth except those adjacent to the implant area unless specified by Doctor.

Q: Can I brush the implant site after surgery?

- No. Do not brush implant or stretch or pull lip away from surgical site.

Q: What can cause bleeding or delay the healing process?

- Smoking, carbonated drinks, alcohol sipping through a straw or spitting. Also stooping and lifting can cause bleeding and could ultimately affect the outcome of your treatment.

Q: What should my diet consist of?

- You need to maintain a soft diet for two (2) weeks. Carnation Instant breakfast, vegetable juices, fruit juices, clear jello, plain yogurt, strained baby foods, broth soups and cream soups. Avoid Cream of Mushroom soup or any soup with small pieces or seeds as they can contaminate the suture area and disturb the surgery site. You may also eat Ice cream to include milk shakes with the exception of strawberry or any containing nuts as it may may contaminate the suture area. Puddings, with the exception of Tapioca may also be eaten.

Q: When can I resume exercising?

- After first week of surgery, providing you are feeling up to it.

Q: When will my stitches be removed?

- After 2 to 4 weeks.

Q: When should I return for a follow up visit?

- You should set up an appointment to return two (2) weeks after surgery.

For dental emergency assistance or questions after hours, please call me at [240.417.4237](tel:240.417.4237).