POST-OP CARE GUIDE

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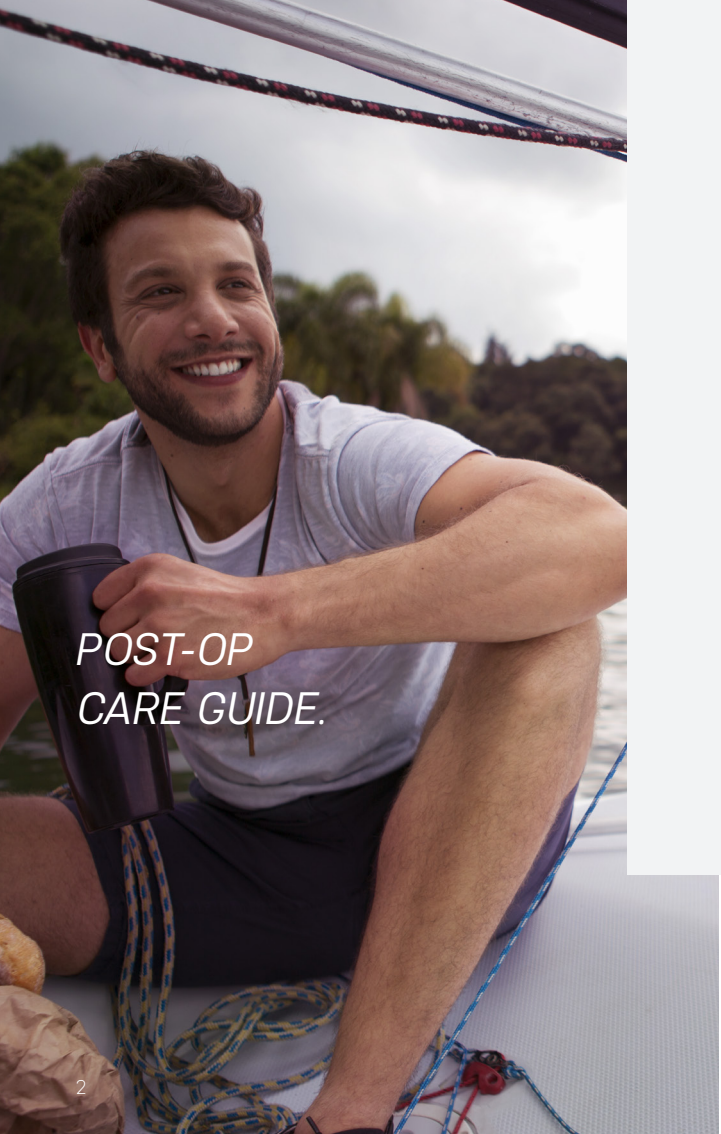

POST-OP CARE GUIDE.

MY IMPLANT IS IN, NOW WHAT?

The human body needs time to recover after any surgical procedure. For everything to run smoothly, it is important that you follow the recovery instructions.

That is why we are going to help you understand what you must do in this very important phase. Always consult your dental professional and seek their support throughout all of the phases of your treatment.

REMEMBER!

Everyone is different and recovery varies from person to person.

IMMEDIATE CARE

MOUTH AND LIPS

• Apply ice packs to your face around the operated area following your dental professional instructions (use a fine cloth so the ice does not come in direct contact with the skin).

• Keep your lips moist with lip balm.

• Try not to spit, rinse the mouth or suck (do not drink through a straw) during the period indicated by your dental professional.

PAIN

• Remember to take your medication at the right times, as prescribed by your dentist, as it will help to alleviate possible discomfort. If there is excessive blood, consult your dental professional for guidance.

REST

• Avoid physical exertion.

• Do not drive.

• Avoid talking too much. Instead, talk sparingly and quietly.

GENERAL CARE

FOOD

- Avoid drinking or eating until the effects of the anesthetic have worn off, avoid warm foods or drinks, such as coffee or tea, especially during the first 24 hours after surgery.
- Do not smoke or ingest alcohol.
- Chew on the opposite side to your surgery.
- Try to eat liquids or soft foods, especially cold or iced foods (fruit juices, sorbets, yogurts, quark, cold soups and broths), especially during the first 24 hours after surgery.

- Do not allow food to build up on your stitches (use cotton buds dipped in antiseptic to clean these areas).
- Drink plenty of water, hydration is very important.
- Avoid foodstuffs that give off bran (breads and flour).
- Return to your normal eating habits gradually from the third day after surgery.
- Avoid taking your medication on an empty stomach.

SURROUNDINGS

- Avoid hot and stuffy conditions.
- Avoid exposure to the sun, damp or rain.

GENERAL CARE

BED TIME

- Try to sleep with the head raised compared with the body (use more than one pillow).
- Lie face up or on the opposite side to where you were operated.
- Do not touch your stitches with your fingers or any other object (clip, stick, etc.).

ORAL HYGIENE

- Brush your teeth without or with a very little toothpaste, except the operated area(s), where a post-op tooth brush should be used (without touching the gums).
- Brush your tongue and use a tongue cleaner.
- Use dental floss with the exception of the operated area. Resume normal use within 10 days of surgery.
- Before any use of dental floss in the region operated, we recommend that you obtain prior authorization from your dentist.
- Apply the antiseptic solution in accordance with your dental professional's instructions.

I AM STILL SWOLLEN, IS THAT A PROBLEM?

If your swelling continues more than 6 days after surgery, consult your dental professional.

Remember that care during the first 24 hours after surgery is crucial to good recovery.

ADDITIONAL INSTRUCTIONS

- If the muscles in your mouth hurt, massage them.
- If, after 7 days, you still feel pain and difficulty opening your mouth, contact your dental professional.
- Always contact your dental professional if you have any doubts.

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