

## Postoperative Instructions for Patients

1. Please take the medicine according to the doctor's instructions, rest more, speak less, and avoid touching or licking the wound (sneezing, blowing nose).
2. Apply an ice pack on the outside of the cheek for 10 minutes, rest for 20 minutes, and repeat within 48 hours after the operation.
3. Start gargling with medicinal mouthwash on the day after the operation until the stitches are removed. It is recommended to gargle 2 bottle caps (20 cc) of the medicated mouthwash (Chlorhexidine) for one minute after eating and after brushing teeth. Rinse mouth gently and do not gargle too vigorously.
4. Try to drink liquids and eat soft foods, especially foods high in protein such as boiled eggs, milk, ice cream, wheat flakes, chicken, and cheese.
5. Within 24 hours after surgery, drink plenty of fluids to replenish electrolytes such as juice, soda, water and milk. Please take the medicine according to the doctor's instructions, rest more, talk less, and do not touch or lick the wound at will. (sneezing, blowing nose)
6. Do not use toothpaste before stitches are removed; however, you can brush your teeth with a toothbrush and rinse your mouth with water while avoiding the surgical site.
7. Swelling and bruising after surgery is an inevitable phenomenon of dental implant surgery and has nothing to do with infection. On the first day after surgery, when the anesthesia disappears, the affected area will feel tingling, and analgesics can be added at this time; Raise the pillow slightly for sleep. In general, the swelling will be more obvious in the morning of the second day, the most obvious swelling will be on the third day, but it will gradually subside by the fourth day, and the swelling will disappear on the fifth or sixth day.
8. If there is strong bleeding, use an ice pack to cushion the neck, then raise the head pillow, and bite the sterile gauze/cloth at the same time for at least 25 minutes, or you can moisten the tea bag with boiling water and apply it to the affected area to bite (if no gauze is available).
9. If there is any condition caused by the operation, please do not hesitate to contact the doctor immediately.
10. Please quit smoking two weeks before and after the operation to avoid oral infection.
11. If there is friction in the suture site and ulcers in the mouth, please do not worry, you can go back to the clinic to trim the thread after 3 days.

### Post-surgery Diet Recommendations ( avoid seafood, spicy, hot, and fried foods)

Day 1 , 2 :     liquid     soft     normal

Day 3 to 5 :     liquid     soft     normal

Day 6 to 14 :     liquid     soft     normal

© Avoid eating for long periods of time to minimize chewing and pulling the wounds.

- ◆ Liquids, e.g. milk, soy milk, juices, sesame drinks
- ◆ Soft Foods, e.g. congee, noodles, steamed egg, and other high-protein foods that don't require much chewing



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