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Periodontist and Implant Surgeon

Post-operation instructions

- Please do NOT eat or drink anything hot or warm for the following 24 hours. All drinks must be cold or room temp.
- Do not smoke for the next 14 days
- Do NOT use a straw and avoid blowing your nose.
- For the next 48 hours, do not gargle or spit hard.
- Only enjoy soft, cold mashed foods such as: Soups, Potatoes, Ice cream, yogurt, and gravy for the next 48 to 72 hours.
- Please avoid foods that are hard, crunchy, chewy, or have sharp edges.
- When eating, do NOT chew your food on the side you had surgery on.
- Please use only an extra soft toothbrush on the surgery area. And use room temperature salt water 4 times a day to rinse your mouth for 5 days.
- Immediately after surgery, apply ice packs to your cheek for 5 minutes at a time, then remove for 5 min. Repeat this action for the remainder of the day.
- Do not take any medicine or antibiotics on an empty stomach.
- Take 1 Motrin every 6 hours for pain and inflammation relief. please continue taking the motion for the next 7 Days even if you see no sign of pain or inflammation. Not doing this can cause swelling or bleeding in the area.
- Please do NOT Exercise for 24 hours after the surgery.
- Please avoid swimming for 48 hours after the surgery
- Please sleep elevated on the night of your surgery (extra pillow)

Following all the steps above is essential in your healing process

In case of Emergency, please call or text: (510)-516-0027

For more information, please visit: Please visit <https://dentalimplantsoakland.com/>