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- Start a soft food diet (any food you can cut with a fork).

Continue drinking plenty of fluids.

- Continue oral hygiene similar to day 1.
- Take your medication as prescribed.
- Avoid vigorous activity that will elevate your heart rate.

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The following instructions outline your day-by-day recovery following implant placement.

FIRST DAY:

- On the car ride home, keep the gauze in your mouth that we placed following surgery.

THIRD & FOURTH DAY:

- You will likely still be swollen and have mild to no pain.
- Advance your diet as tolerated.
- You may start brushing with toothpaste, flossing and using over the counter mouth rinse. Continue to avoid vigorous rinsing, sucking or spitting.
- Start using Chlorhexidine oral rinse.

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and 2-3 glasses of water. Take your first dose of pain medication and antibiotics (if given by your doctor) at this time.

- Each meal should consist of bland, soft foods that do not require chewing. Your lips and tongue will be numb and can be traumatized by hot foods and vigorous chewing.
- Following your first meal, place a new damp piece of gauze over the extraction sites only if there is continue bleeding.

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- You should be eating 5-6 small meals per day and drinking 2-3 glasses of juice and/or water per hour. Example: Jello, Ensure, Yogurt.
- Place ice over your cheeks and leave in place for 30 minutes, then remove for 30 minutes, and then replace again. Continue for the entire day.

AFTER THE 7th DAY

- Return to normal activity.
- You may feel a small metal protrusion or “cap” over where the implant was placed. This is normal and Dr. Ruby will let you know after the surgery whether you will feel the cap or not.
- **Return after 2 weeks for your follow up visit as scheduled. Call our office at (912) 988-7723 if you have any questions or concerns following your surgery.**

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- 2-3 pillows.
- Place Vaseline on your lips if they are dry.
- Gently brush with warm water (avoid toothpaste) and rinse with warm salt water. Do not SPIT-allow the rinse to drip out of your mouth and then wipe off your lips.