

1. **DO NOT RINSE YOUR MOUTH TODAY.** Tomorrow, you should rinse gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt in a glass of warm water and gently brush the surgical area without scrubbing. Continue rinsing for one week, using Peridex, if prescribed, and warm salt water, unless otherwise advised by Dr. Malik.
2. **BRUSHING.** Do not brush over the surgical area the day of your implant. We would like you to begin to gently brush the surgical area the day following your procedure without scrubbing.
3. **BLEEDING.** Following your implant placement, some bleeding is to be expected. Remove the piece of gauze in your mouth after one hour. Replace the gauze every hour, biting down firmly, until the bleeding has stopped. It is very important not to spit, as this will cause more bleeding. If you run out of gauze, then a dampened tea bag may be used. This is an excellent way to stop bleeding. Avoid any activities that create a suction in your mouth, including smoking and using a straw, as this can interfere with the healing.
4. **SWELLING.** An ice pack or a cold, moist cloth should be applied to the outside of your face, in the area of the surgery for 30 minutes on and 30 minutes off.
5. **PAIN.** For mild to moderate pain, Tylenol and/or Advil can be used as instructed by Dr. Malik.
6. **FOOD.** A cool, soft diet is recommended the day of an extraction. The next day you may return to your regular diet, just avoid anything hard or sharp and chew away from the extraction site. You should NOT chew on the implant during the healing phase. This will last for several months.
7. **BONY EDGES.** Small, sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, call the office for an appointment to have them removed.
8. **NO SMOKING.** If you smoke, please do not smoke for at least one week following your extraction. Depending on your recovery, you may be required to stop smoking for a longer period of time.
9. Your follow-up appointment is scheduled for «apdate» at «aptxttime1».

**PROPER CARE FOLLOWING AN ORAL SURGICAL PROCEDURE WILL HASTEN RECOVERY AND PREVENT COMPLICATIONS.**

If you have any questions or problems, please call us at 432-3308. If you need to reach Dr. Malik (after hours) urgently, you can call him at (603) 552-0620. He will return your call as soon as possible.