

Implant and Cosmetic Dental Care  
Edmond Demirdjan, DDS  
76-17 Eliot Avenue  
Middle Village, NY  
(718)-426-6959

**INSTRUCTIONS AFTER SURGERY**

1. **DON'T** rinse mouth for 24 hours. **DON'T SPIT**: SPITTING will cause bleeding.
2. Keep **FINGERS** and **TONGUE** away from surgical area.
3. **BLEEDING**: Some bleeding following surgery can be expected. If unusual, place a sterile gauze pad over the area and apply pressure by biting for 30 minutes. If significant bleeding occurs, return to doctor for examination.
4. **FOOD**: Soft diet is advisable during the first 24 hours. Avoid spices. Avoid foods that are very hot.
5. Place ice in a cloth and apply to your face, 20 minutes **ON**, and 20 minutes **OFF** for the first 24 hours during which you do not sleep.
6. **NEXT DAY**: Rinse mouth gently with a glass of warm water containing 1 tablespoon of table salt every 2 hours.
7. Follow any special instructions that the doctor may have given you regarding medications.
8. **PATIENTS SHOULD NOT OPERATE A MOTOR VEHICLE OR ANY MACHINERY FOR THE FIRST 24 HOURS IF YOU HAVE BEEN GIVEN SEDATION.**
9. Avoid strenuous exercise for several days after surgery.