

CENTER FOR IMPLANT AND FAMILY DENTISTRY OF ASTORIA
POST-UNCOVERING INSTRUCTIONS

- [1] Do not eat or drink anything hot for 24 hours after surgery.

- [2] Do not brush or floss for 1 week after surgery in the area where the surgery was performed.

- [3] You can apply an ice pack for 15 minutes on the area and then keep it off for 15 minutes. You can do this for 24 hours after the surgery.

- [4] Starting 1 day after surgery, rinse with Listerine (Regular or Cool Mint) or Peridex 2 times per day for
30 seconds. This can be done after breakfast and before bedtime.

- [5] After 1 week you may clean the area with a Q-Tip.

- [6] After 2 weeks you may start brushing gently in that area.

- [7] You will have stitches in your mouth. Therefore, the area may be sore or tender for 2-3 weeks.

- [8] Begin by eating a soft diet for one week. Then increase the texture of food as you feel comfortable.

- [9] If you need to reach us in an emergency, call (718) 956-7800. You can then leave a message and the Doctor will contact you.