

Dr. Michael Toffler  
116 Central Park South, #3  
New York, NY 10019  
Phone: (212) 581-4646

### Postoperative Instructions for Implant, Sinus Elevation and Ridge Augmentation Surgery

Take all prescribed medication as directed:

**-Antibiotics** are to be taken with at least 8 oz. of room temperature water for 7 to 10 days. If nausea, diarrhea, vomiting or rash occur as a result of the antibiotic, please stop taking the medication and contact the office immediately

**-Pain medication** may be taken with food to minimize nausea. Narcotic pain meds: Vicodin (hydrocodone) and Percocet (oxycodone) should not be taken on an empty stomach. If narcotics are not necessary, 400 mg of ibuprofen (2 Advil or 2 Motrin) may be taken with 325 mg of acetaminophen (1 Tylenol) to effectively control pain.

1. Immediately following surgery, ice (ice packs, frozen peas or corn) should be wrapped in a moistened towel and applied externally to the surgical site, using it for 20 minutes and then leaving it off for 20 minutes. Continue this routine for the rest of the day to help prevent swelling and associated pain. Swelling, if it occurs will peak by the 3<sup>rd</sup> to 5<sup>th</sup> day and then begin to dissipate. Ice water or ice chips may be kept inside your mouth off and on throughout the first day for additional swelling reduction and to minimize postoperative bleeding.
2. There may be bloodstains in your saliva for the first day. This is expected and normal. Excessive bleeding should not occur and if it does please contact the office immediately. Holding ice water in your mouth or dipping a small piece of gauze or tissue in ice water and gently applying pressure to the bleeding area for 5 to 10 minutes may often control the bleeding.

3. Keep your head and shoulders elevated for 24 to 48 hours following surgery. Sleep with enough pillows to elevate your head 30-45 degrees.
4. Exercise: Do not resume your normal exercise routine for at least 48 hours after surgery. You may need to alter the duration, frequency and intensity of your workouts for the first 4 to 7 days.
5. Diet for the day of surgery: Food should be soft and served no warmer than room temperature. Suggestions: protein shakes, Nutrament, instant breakfast, yogurt, cottage cheese, eggs, soup and pasta. Food must be ingested if pain meds and antibiotics are taken, as this will prevent nausea.
6. Diet starting the day after surgery until suture removal: Softer foods – pasta, fish, ground meats and stews or soups are recommended. Chew primarily on the untreated opposite side if possible. Avoid eating nuts, popcorn, seeds (caraway, sesame, etc.), chips and hard crusty breads for the next 3 weeks.
7. Do not clean those areas where sutures have been placed; your remaining teeth may be maintained with your regular plaque control procedures.
8. If you have a removable prosthesis, please leave it out of your mouth until your next visit unless instructed otherwise.
9. If you have been sedated, make all moves slow and deliberate with assistance until the effects of the medication have worn off in 1 to 4 hours.
10. Please DO the following: Relax the day of surgery with your head elevated and ice on the surgical site. Drink plenty of cold liquids. Take all medications as prescribed.
11. Please DO NOT do the following: Exercise the day of surgery, brush the surgical site, smoke or eat hard, crunchy foods.
12. If any problem or questions should arise, please call the office. If calling after office hours, you will be connected with an answering service, which will contact the doctor so he can return your call immediately.

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