



Instructions Following Fixed Hybrid Procedure

****If you experience any cold/flu-like symptoms within the next 14 days please call our office****

- Bleeding** Some bleeding may occur immediately following your procedure. Please keep in mind that reddish-colored saliva is normal for the first 24 to 72 hours, however, if there is an excessive amount of blood in the mouth, you should contact the office or Dr. Spector immediately.
- Medications** Do not take any medication on an empty stomach. Take a dose of over-the-counter (OTC) pain medication (Tylenol and ibuprofen together; you may use up to 1000mg Tylenol and 600-800mg ibuprofen every 6-8 hours) as soon as possible after leaving the office, prior to the numbness wearing off. If you were prescribed a narcotic use it only if absolutely necessary. If you need to drive or operate machinery during the day, only take OTC medication for pain relief. Please note that narcotic refills will only be processed during office hours.
- Swelling** Facial/jaw swelling, and bruising of the skin is normal and a certain amount should be expected. Swelling usually peaks the second day following the surgery. On day of your surgery and the following day you should apply ice against the face: 20 minutes on/20 minutes off. After 48 hours, switch to a warm moist heat on your face: 3 to 4 times a day for 10 minutes; a damp, heated washcloth works well and can be heated to a tolerable temperature in the microwave. Keep your head elevated if lying down.
- Hygiene** For the first 2 weeks you should rinse your mouth out gently with the prescribed mouthwash (Chlorhexidine). The stitches placed at your surgery are dissolvable, but may last up to two or three weeks. Usually, one week after your surgery, you may begin using a soft toothbrush to clean your fixed denture. If not already owned, the purchase and use of a water pick is also recommended, however, you should NOT begin using it until directed to do so by your oral surgeon or dentist.
- Activity** Restrict your physical activity for the first 2-3 days following your surgery. Be sure to elevate your head when lying down. If you have had I.V. sedation you should not drive a vehicle or operate any machinery for the first 24 hours following surgery.
- Tobacco** Tobacco use is directly related to dental implant failures- do not smoke or use chewing tobacco following the placement of your implants.
- Diet** Do not skip meals. Your first meals will be liquid. Hot beverages are discouraged for 48 hours following surgery. You will be on a strict soft food diet for the next 2-3 months while your implants heal. (Turn page over for some food/drink suggestions)



Chesapeake

Oral Surgery & Dental Implants

Leonard Spector, D.D.S.

Phone 410.670.4500 Fax 410.670.4501

2360 W. Joppa Road, Suite 310
Lutherville, MD 21093

2027 Pulaski Hwy, Suite 113
Havre de Grace, MD 21078

Suggested Food and Drink:

- Juice
- Smoothies/Shakes
- Soups
- Mashed potatoes
- Soft pasta
- Pancakes
- Cottage cheese
- Applesauce
- Ice Cream
- Pudding/gelatin cup snacks
- Yogurt
- Eggs
- Flaky fish
- Oatmeal/cream of wheat

If you have questions or concerns during regular business hours, please contact the office and ask to speak to an assistant. If the office is closed, please contact Dr. Spector directly at 410-984-6288.