

Instructions after Implant Surgery

1. Fill the prescription(s) and follow the instructions on the label(s).
2. Apply ice in a cloth to your face 10 minutes on, 20 minutes off, for a total of 48 hours.
3. Make the following solution: 1 quart of water and 1 teaspoon of table salt, mix. Bring to boil. Store in a covered container. Use as a **gentle** irrigation 8 ounces each hour. Do not use vigorously. Start tomorrow and continue until your sutures are removed.
4. Eat very soft foods as tolerated. They should be of a high protein nature. Soft boiled eggs, milk, ice cream, malts, boiled chicken and soup, cheeses, junior foods, etc. are good.
5. For the first 24 postoperative hours, drink plenty of fluids; juice, soda, water, milk.

Recommend Diet Following Implant Surgery

Day 1: Liquid diet; soups, Jell-O, high protein drinks (Ensure). Patients should not wear prosthesis for eating and should wear them only for esthetics for the first postoperative 2 weeks.

Day 2: Same as day 1

Day 3: Puree diet, any food that can be blended well; applesauce; mashed potatoes; Soft boiled eggs.

Day 4: Same as day 3

Day 5: Same as day 4

Day 6-14: Soft diet- Salisbury steak, tuna fish, boiled chicken, soups, cheeses.

After day 14: Return to normal diet.

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