

Max Arocha, DMD
Karla Jaquez, DMD

DENTAL IMPLANT HOME CARE INSTRUCTIONS

(954) 432-7771

1. Continue your antibiotic until prescription is complete. Take 1000 mg of Vitamin C
2. Apply ice outside of your face: 20 minutes of every hour until bedtime for 1-2 days.
3. NO SPITTING, or eating or drinking of anything HOT today. HOT items may be resumed tomorrow.
4. Do not bite down on anything near the implants or with your dentures in place.
5. Use prescribed oral rinse at bedtime and in the morning, as indicated on the instruction sheet. Follow your normal home care program in all areas except those involved in surgery.
6. Your diet's consistency should be no greater than mashed potatoes. Use a blender to process foods. Pasta can be finely chopped; fruits and vegetables can be mashed.
7. These are examples of protein supplements if you feel you want to add to your diet:

Ensure / Boost / Sustacal – Shake Well – Do not dilute
Carnation Instant Breakfast.

If you have any questions or concerns, please do not hesitate to call our office.

OFFICE: (954) 432-7771

For an emergency situation after regular office hours please call the number above