

- 01** Swelling and bruise will be occurred for 7 days after surgery and will be gradually subsided.
- 02** Use an ice-pack for 2-3days after surgery. When using the ice-pack, please place a thin towel or gauze on the surgical area and apply the ice-pack.
- 03** Please eat soft food such as porridge or soup for 2-3 days after the surgery and still avoid hard food for 1 week as it may hurt incision inside the mouth.
- 04** Mouthwash is very important to prevent inflammation since there is incision inside the mouth. Please use mouthwash as often as possible and make sure to do so right after meal.
- 05** The position of implant might be changed by pressure. Please avoid pressure on the surgical area.
- 06** Brushing teeth is possible from the next day after surgery but use smaller ones like baby toothbrushes and make sure to not brush against the gum. Additional instruction will be given during postop treatment based on individual condition.
- 07** Use a straw is prohibited during the initial 2 weeks after surgery.
- 08** Heavy exercise such as aerobics or working out at a gym should be done 4 weeks after surgery except taking a walk.
- 09** Quick shower can be done on the day after surgery. However, sauna or hot spring should be avoided for 4 weeks.
- 10** Please avoid bowing your head and lying face down.
- 11** When sleeping, using soft pillow will minimize the swelling and bruises. Make sure your neck is not bent from the pillow and you should sleep straight up.
- 12** Only pain killers and antibiotics prescribed by the hospital need to be taken. If necessary, you can additionally take Tylenol which does not contain Aspirin. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 13** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can damage/necrotize skin or postpone wound recovery as it contracts vessels.
- 14** In case of emergency or any questions, please contact (+82-10-7156-6546)