



POST OPERATIVE INSTRUCTIONS FOLLOWING IMPLANT PLACEMENT

BLEEDING: Light bleeding for the first 24 hours following surgery is normal. If bleeding persists, call the doctor immediately.

DISCOMFORT AND SWELLING: Discomfort and swelling are normal and to be expected following surgery. If the pain becomes severe in spite of medication, or you experience an unusual amount of swelling, call the doctor immediately. For pain relief, **we recommend ibuprofen, 600 mg and Tylenol, 500 mg every 6 hrs.** Take both medicines simultaneously as they have a synergistic effect. Continue this regimen for the first 72 hours.

SUTURES: Sutures are dissolvable and may begin to come loose as early as the first 48 hours following surgery. This is acceptable, and expected.

ORAL HYGIENE: Teeth may be brushed as usual, but care should be taken in the surgical area. Once the stitches come out, you should perform oral hygiene procedures in the surgical site over the next two weeks with caution. This means brush the gum tissue with light contact. You can rinse with alcohol-free Listerine or other alcohol-free rinses, warm salt water or just water if necessary to keep area clean. You may start brushing and flossing normally after 2 weeks. You can also use a waterpik, however you should use it gently and do not aim it directly at the surgical area.

DIET: AVOID eating hard, tough, or rough foods (chips, popcorn, nuts, caramels) It is best to chew in areas of the mouth away from where the implant was placed. Your diet should be modified the first few days to include soft foods (Yogurt, pudding, Jello-O®, milkshakes, ice cream, oatmeal, Ensure®, soups, baby food/pureed foods, fish, chicken, mashed potatoes, macaroni and cheese, and cooked vegetables) and plentiful liquids. Avoid extremely hot foods. Advance to your regular diet as quickly as you are able.

REMEMBER:

- Do not smoke for a minimum of 3 days
- Do not rinse or brush for the first 24 hours
- If the healing abutment comes loose or out, please call the office
- Do not play with the area with your tongue
- Do not use Peroxide
- Drinking alcoholic/carbonated beverages for the first 3 days following procedure can slow the healing process

PRESCRIPTIONS AND/OR ADDITIONAL NOTES:

If you have any questions or concerns, please do not hesitate to call the doctor at: 970-449-0824