

Implant Post-Operative Instructions

The dental implant placed in your mouth may be located above or below the tissue. The implant will usually take a period of one to four months to heal; depending upon your body's healing properties and the type of implant surgery.

- If conscious sedation was used for your procedure, please do not drive that day.
- Every consideration must be given to keep the surgical site clean and free of food particles.
- If non-dissolvable sutures were placed around your implant, they will be removed and checked by your doctor in one to two weeks. Dissolvable sutures may become loose or even come out. This should not be a concern. If a sinus lift was performed, don't blow your nose for one month. We don't want any pressure in the sinus for the first month of healing. If a bone graft and/or membrane was placed, it is normal to feel a "gritty substance in your mouth periodically for a few weeks.
- If an antibiotic was prescribed, please be aware that it will decrease the effectiveness of birth control pills.
- If applicable, usually you are able to wear your present partial or flipper. Sometimes it is necessary to leave it in the night of the surgery. It is important to keep the appliance as clean as possible during the healing period. Please ask the doctor if you have any questions.

Instructions for mouth care and other helpful information:

1. **Do Not Disturb the Surgical Area:** Please chew on the opposite side, away from the implant(s) and avoid hard, sharp, crunchy or sticky foods for a minimum of 2 weeks. Do not touch the site with your tongue, while brushing your teeth or use mouthwash for the first 48 hours. Also avoid alcohol and carbonated beverages as they can close down blood vessels and destroy blood clots.
2. **NO SMOKING!** Smoking is to be avoided for the time specified by the doctor. Smoking increases the heat in the surgical site and significantly lowers the body's ability to heal the site.
3. **No Exercise:** Allow yourself adequate time to recover. Get plenty of rest & resume normal activities as you feel comfortable. Please do not perform vigorous physical activities for a minimum of 3 days following your procedure.
4. **Things to AVOID after surgery:** alcohol with post-operative medications, commercial mouth rinses, very hot fluids, touching the surgical site.
5. **Gentle rinsing of the mouth** should be started the day after surgery. Frequent gentle rinsing with lukewarm salt water will aid the healing process (add one half teaspoon of salt to a 6oz glass of water). Avoid the use of a Waterpik flosser for a minimum of one month after the implant is placed.
6. **Pain:** A certain amount of pain is to be expected with all types of surgery. An appropriate pain medication has been prescribed for you. Please take it according to the directions. Driving is not advised while taking the pain prescription. However, if only Ibuprofen or Tylenol is needed, most people are able to drive without a problem.
7. **Swelling:** Some swelling and minimal bruising is possible and is to be expected. It is not unusual. In most cases, swelling can be prevented/controlled. Apply an ice pack for a period of 20 minutes on and 20 minutes off during the day for the next two days. The application of ice to the outside of the face over the surgical area will minimize swelling. If after five days you still have unusual swelling or pain, please call our office.
8. **Bleeding:** A small amount of bleeding following surgery should not alarm you. Applying pressure to the surgical site with a small piece of gauze or a moistened tea bag will control this normal process. If the bleeding is excessive or continuous, please call us at once. Vigorous rinsing of the mouth prolongs bleeding by removing the clotting blood, so when rinsing your mouth, do it gently.
9. **NO drinking through straws or spitting:** These can create negative pressure in your mouth which may cause additional bleeding and possibly loosen the sutures.
10. **Diet:** Good nutrition is important following the surgery. PLENTY of liquids are needed at first. It is best to restrict your diet to fluids and soft foods for the first day. Normal diet may then be resumed the following day, but you will want to avoid chewing on the implant site until the tissue is completely healed. Soft foods such as Jell-O, pudding, mashed potatoes, scrambled eggs and soups are recommended. If you have difficulty chewing, try blender-ized foods or diet supplements such as Carnation Instant breakfast and Ensure.
11. **Implant Follow-Up:** We will see you for the periodic check-ups until the implant has healed. This is usually for a period of one to four months, depending on your implant surgery. **IF YOU HAVE ANY QUESTIONS AT ANY TIME, PLEASE CALL OUR OFFICE (806) 797-1275.**