

## **POST-OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANTS**

Do not disturb the site. Avoid rinsing, spitting, or touching the site the day of the surgery.

**Bleeding** – Some bleeding or redness in the saliva is normal for 24 hours. Biting on a gauze pad placed directly on the bleeding site for 30 minutes can control excessive bleeding. If bleeding continues please call our office for further instructions.

**Swelling** – Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag on the cheek in the area of the surgery. Apply the ice continuously for the next 24 hrs (20 minutes on, 20 minutes off).

**Diet** – Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

**Pain** – You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

**Antibiotics** – Be sure to take the prescribed antibiotics as directed to help prevent infection.

**Oral Hygiene** – Good oral hygiene is essential to good healing. The night of the surgery, used the prescribed Perioguard oral rinse before bed. The day after surgery, the rinse should be used twice daily, after breakfast and before bedtime. Be sure to rinse for at least 30 seconds then spit out. Warm salt-water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth is not a problem. Be gentle initially with brushing the surgical areas.

**Activity** – Keep physical activities to a minimum following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.