



## Post-op Instructions - Implant Placement

**BLEEDING:** You should expect minor bleeding or **OOZING** from the surgery site. Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure. If gauze has been provided for you, you may place pressure by biting on the gauze for 30 minutes. Once the bleeding has slowed down, avoid placing any additional pressure on the surgical site.

**SMOKING:** Smoking should be stopped following surgery. Healing and success of the implant will be substantially reduced by the cigarette smoke chemicals in your body.

**PAIN:** Some discomfort is normal after surgery. To minimize pain, we recommend you start taking a non-steroidal anti-inflammatory once you arrive at home. Advil/Ibuprofen/Motrin/Aleve are such medications and should be taken as directed on the bottle. If you are unable to take anti-inflammatory medications, take Tylenol or acetaminophen as directed on the bottle. Take it before the anesthesia wears off. If prescription pain medication is prescribed, take it as instructed on the label. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

**NAUSEA:** This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.

**SWELLING:** Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day. After the first 48 hours, swelling, soreness, or stiffness in the jaw muscles can be relieved by applying a warm moist towel to the affected side of the face.

**NUMBNESS:** The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. If the numbness persists to the following day, call out office immediately.

**SUTURES:** If sutures (stitches) were placed, they will usually dissolve within 5-7 days and typically do not require an additional appointment for removal. Your doctor will let you know if you if your sutures will need to be removed as a separate procedure.

**Oral Hygiene:** Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days in order to not disturb the sutures or incisions. Avoid all rinsing or swishing for 24 hours after your procedure. After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water). Avoid commercial mouthrinses. You may be instructed to use a prescription antimicrobial mouthrinse.



**DIET:** Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours, and as long as you are taking prescription medications. Do not bite, chew, or place any pressure with your tongue or other objects on the implant or surgical site for 6 weeks. Excess pressure on the area will greatly reduce the chances of success of the implant and may result in loss of the implant.

**ACTIVITY:** After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower and also elevating our head at least 45 degrees on a pillow will reduce bleeding and aid healing.

**ANTIBIOTICS:** If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

**SINUS:** If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

**REMOVABLE APPLIANCES, DENTURES:** Your dentist will give you specific instructions about your prosthesis. Do not wear you complete or partial dentures until your doctor gives you permission to do so. To avoid putting any pressure on the new implants before they have healed, your denture might be adjusted or significantly modified. In certain cases you will need to go without your dentures for a period (days or weeks) after the implants are placed. Sometimes a temporary removable appliance is made for cosmetic purposes, until a new non-removable one can be made. If a temporary tooth was placed on your implant today, it is **critical** that you do not bite on this tooth until your doctor allows.

**FOLLOW-UP APPOINTMENTS:** You may need to return to the office within the first 14 days for a brief follow-up healing check. You may need to return after the implant has integrated for a small second procedure to expose it in preparation for the final restoration.

Please call your dentist if you have: uncontrollable pain; excessive or severe bleeding; marked fever; excessive warm swelling occurring a few days after the procedure; reactions to medications, especially rash, itching, or breathing problems

*Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.*