

Patient Instructions Following Implant Surgery

You have now taken the first steps down the path of replacing your missing tooth or teeth with dental implants. It is my desire that your recovery be as smooth as possible. Following these instructions will assist you.

First Hours After Surgery

Bite down gently but firmly on the gauze packs that have been placed over the surgical site(s). If active bleeding persists after one hour, fold new gauze in a tight roll and place so biting applies pressure directly over the surgical site. Some bleeding may persist for up to *24 hours*. Keep fingers and tongue away from the surgical sites. There may be a metal healing abutment protruding through your gum tissue.

Pain

The placement of dental implants generally does not cause a great deal of pain. For mild discomfort take Tylenol or Ibuprofen as directed on the bottle. For moderate pain use the prescription given to you and take as directed.

Swelling

Some swelling should be expected and should not be a concern. Apply ice bags to the sides of the face for the first *12 hours* (20 mins on –10 mins off) to help with swelling. Ice should be discontinued the day after surgery. The greatest swelling will peak *36-72 hours* after surgery and then will gradually subside.

Diet

Your diet should consist of soupy foods and plenty of fluids for the first day. Over the next several days you can progress to soft foods at your own pace. Avoid foods such as nuts, sunflower seeds, and popcorn that may become lodged in the surgical sites(s). Avoid chewing hard or sticky foods on the implant sites. Chewing forces on the implant(s) during the healing period can decrease the body's ability to heal around the implant(s).

Oral Hygiene

Keeping your mouth clean after surgery is essential to proper healing. Continue your regular tooth brushing starting the day after surgery but be careful not to disturb the surgical site with the toothbrush. Continue to floss, but avoid teeth adjacent to the surgical site(s) for one week. After *7 days* and during the remaining healing period brush the metal healing abutment(s) if present. Do not smoke or use smokeless tobaccos as these significantly inhibit healing of implants. If you were prescribed Peridex, use it as directed until your one week follow up.

Antibiotics

If antibiotics and a Peridex Oral Rinse was prescribed, take them as directed.

Nausea

Nausea is most often caused by the stronger narcotic pain medications. Preceding these medications with foods can reduce nausea. Minimize the use of narcotic medications. They have no bearing on the healing of implants.

Unusual Conditions

Fever over 101

Bright red bleeding

Rash, difficulty breathing or severe vomiting

Any mobility of the implant or healing abutment during the healing phase.