

INSTRUCTIONS TO PATIENTS FOLLOWING DENTAL IMPLANT SURGERY

1. **BLEEDING:** Blood tinged saliva is normal for several hours after a procedure. However, if significant bleeding resumes later in the day, contact your Doctor as soon as possible. Pressure for 5-10min with a small gauze will usually be all that is required to stop any post-operative bleeding that occurs.
2. **DISCOMFORT:** Take pain medication exactly as instructed by your Doctor. It is usually wise to try to take the first dose before your local anesthetic has completely worn off, if possible. Pain control could be achieved with alternating 600mg Ibuprofen (e.g., Motrin) with 650mg Acetaminophen (e.g., Tylenol) every 6-8 hours or as needed.
3. **SWELLING:** Expect some swelling (or bruising) in the surgical area and possibly also around lips and cheeks for 2 or 3 days. This can be minimized by using ice for the first post-surgical day. Use a few ice cubes in a plastic bag against your face about 15 minutes on then 15 minutes off. The teeth involved may seem more mobile (loose) than before the treatment; they should gradually become less mobile as the site heals.
4. **NUTRITION:** You should generally eat softer foods than you ordinarily would. Try to chew in an area other than the surgical site. If possible, avoid very coarse foods (pretzels, chips, etc.) and avoid foods with seeds or small grains. Also, the roots of your teeth may be extra sensitive, avoid extreme hot or cold food or beverages after treatment.
5. **STOP OR MINIMIZE SMOKING**
6. **PARTIALS/DENTURES:** Wear these only as directed by your Doctor. These prostheses will usually have to be modified and/or relined so as not to press upon the surgical site and the underlying implants. Usually, the less they are worn the better.

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7. **ORAL HYGIENE:** You may clean your teeth as you normally do in all areas except the surgical site. Use the prescription mouthwash, as directed: twice daily beginning on the night after your surgical appointment for 7 days. After those 7 days, rinse 3-4 times daily for 60 seconds with warm salt water (1/2 teaspoon of table salt dissolved in an 8 oz. drinking glass of warm water).
8. **STITCHES:** Stitches (sutures) will be used to close your surgical site. These will be removed in about three weeks at the office. Stitches occasionally become loose before your post-operative appointment. If this occurs and they become bothersome, please contact the office. If a stitch comes out entirely shortly after your surgical appointment, please contact the office. **AVOID CUTTING YOUR OWN STITCHES.**
9. **INFECTION:** Rarely a post-operative infection can occur. The signs of this may include pain getting worse a few days after the surgery, pus drainage at the surgical site, swelling returning or getting worse a few days after surgery or a temperature you cannot explain due to another illness (cold, flu, etc.). If any of these occur, contact the office as soon as possible. Antibiotics are sometimes prescribed immediately before or after surgery. Take them exactly as directed by your Doctor and always finish the entire prescription.

If you have any questions — CALL! If there is something you don't understand or if you just need some reassurance, do not hesitate to contact us.