

Post-op Instructions - Implant Placement



BLEEDING: 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.

PAIN: Some discomfort is normal after surgery. To minimize pain take non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anaesthesia wears off. If prescription pain medication is prescribed, take it as instructed on the label.

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.

NUMBNESS: The local anaesthetic 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. Sometimes the implant procedure causes residual numbness or tingling for up to six weeks or longer.

BRUSHING: 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.

RINSING: Avoid all rinsing or swishing for 24 hours after your procedure. After 24 hours you may begin gentle rinsing with a saltwater solution. Avoid commercial mouth rinses. You may be instructed to use a prescription antimicrobial mouth rinse.

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.

ACTIVITY: After leaving the office, rest and avoid strenuous activities for the remainder of the day.

ANTIBIOTICS: If you were given an antibiotic prescription, complete the course.

REMOVABLE APPLIANCES, DENTURES: Your dentist will give you specific instructions about your prosthesis. 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.

SOCKET BONE GRAFTING: If you had artificial bone placed in the implant area, please read carefully:

In addition to the general postoperative instructions, we would like to emphasize a few points.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

- **Do not vigorously rinse or spit for 3-5 days.**
- **Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.**
- **Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.**

For the first 2 days, we would suggest letting the blood clot stabilize and not even rinse your mouth. Following the second day, gentle rinsing would be allowed but not too vigorously as you can again disturb some of the bone

Please CALL
your dentist
if you have:
Uncontrollable pain
Excessive or
Severe bleeding

FOLLOW-UP APPOINTMENTS: You may need to return to the office within the first 7 to 10 days to have sutures removed, or just 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.