

TROY FAMILY DENTAL
(618) 667-8020
www.TroyFamilyDental.com

Implant Post-Op Instructions

Implants have just been placed in your mouth. The implants will heal for a period of four to five months depending upon your body's healing properties and the type of bone you have until they are fully integrated. Every consideration must be given to keep the surgical site clean and free of food particles. The following are instructions for your care after surgery.

1. **NO SMOKING:** Smoking is to be avoided for 6 weeks since smoking destroys "healthy bacteria" that helps the gums heal.
2. **PROTECTION OF BLOOD CLOT AND BLEEDING:** It is normal to have oozing of blood from the surgical site for up to 2 days after the procedure. Remember, a little bit of blood mixed with your saliva will look like a great deal of blood. You are not having a bleeding problem unless large clots are being produced.
3. **GENTLE RINSING** of the mouth should be started 24 hours after the surgery. You can rinse with salt water (1/2 tsp. of salt in 8oz. warm water) 3 to 4 times a day. The use of commercial mouthwashes during the healing period is not recommended, as the high alcohol content tends to chemically burn the site.
4. **ULTRA SOFT BRUSH:** Please begin using the ultra-soft brush 8 hours after your surgery to cleanse and stimulate the tissue. Be VERY gentle around sutures. Clean area at least 3 times a day.
5. **ANTIBIOTICS:** If you were prescribed antibiotics by Dr. Boatman or Dr. Spencer, take them as prescribed.
6. **DISCOMFORT:** It is very normal to have discomfort after dental procedures. If medications have been given or prescribed, take as instructed. Should you have any discomfort, take the prescribed medication. If it does not relieve the pain, please call the office for advice. With any narcotic, avoid all alcoholic beverages and it is advised to not drive while taking a pain prescription.
7. **SWELLING:** Some swelling is to be expected and is not unusual. In most instances swelling can be prevented or controlled. Peak of swelling is usually between 36-48 hours post operatively. Apply the ice pack that has been given to you for a period of 15 minutes on and 15 minutes off. Discontinue use of the icepack after 24 hours. The application of ice to the outside of the face over the surgical area will minimize swelling.
8. **ACTIVITY:** After leaving office, please taking time to rest and avoid strenuous activity for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aide in the healing process.
9. **NUMBNESS:** The local anesthetic will cause you to be numb for several hours after you leave the office. Sometimes the implant process causes residual numbness of tingling for 6 weeks or longer.
10. **NAUSEA:** This is most often caused by taking pain medication on an empty stomach.
11. **DIET:** Following surgery it is best to restrict your diet to fluids and soft foods for the first day. A normal diet may then be resumed the following day. Soft food such as Jell-O, pudding, mashed potatoes, scrambled eggs and room temperature soups are suggested. If you have difficulty chewing, try blending food or use diet supplements such as Carnation Instant Breakfast and Ensure. Limit foods for the first 2 days to cold/room temperature items. Avoid alcohol for 48 hours.
12. You should **NOT** remove your denture at night for the first 3 days following implant placement. This will prevent any swelling initiated by the surgical placement from forcing the soft tissue up, possibly interfering with the reseating with the reseating of the denture on the implants. After 3 days you may sleep with or without your denture.
13. **IMPLANT FOLLOW UP:** You may need to return to the office for a follow up. Your dentist will let you know when this is required.
14. **CARE AND MAINTENANCE:** You should brush and clean your implants and prosthesis the same as you would your natural teeth to prevent failure. This includes regular check-up appointments.

Please call our office if you any questions or have the following symptoms (618) 667-8020:

- Uncontrollable pain
- Excessive/Severe Bleeding
- Marked Fever
- Excessive warm swelling occurring a few days after procedure
- Reactions to medications; especially a rash, itching, or breathing problems

Patient Signature

Date

Doctor Signature

Date

Witness

Date