

Post-Operative Instructions for Implants

ACTIVITY

- Rest as much as possible for the next 24 hours. Avoid strenuous activity for 4 days.
- Avoid lying flat for the remainder of the day and sleep with your head elevated for the next 4 days.
- If you received IV sedation, do NOT drive, operate heavy machinery, use power tools, or sign legal documents for 24 hours.
- A follow-up appointment will be scheduled before you leave. If you were not scheduled, please call the office to arrange one.

BLEEDING

- Gauze packs may be placed over the implant site(s) to help stop bleeding.
 - After 1 hour, remove the gauze and check the site(s). If bleeding persists, replace the gauze and apply firm pressure over the site(s).
 - Continue checking every hour. If bleeding has stopped, you do not need to insert more gauze.
- Some mild oozing is normal for the first 24 hours, and you may notice some bloody saliva for the next several days.

STITCHES & BONE GRAFT MATERIAL

- Stitches may be present and will dissolve on their own within 7 to 14 days. Avoid picking or pulling at them. If they cause discomfort, contact our office.
- Bone grafting material may have been placed at the time of extraction or implant placement. You may notice small granules in your mouth for the first several days—this is normal. Do not disturb or touch the site.

SWELLING

- Swelling is expected and will peak on days 2 and 3, then gradually improve.
- Use an ice pack as much as possible for the next 24 hours, alternating 30 minutes on, 30 minutes off. Do not ice while sleeping. After 36 hours, switch to moist heat for comfort.
- If you have dentures or a prosthesis, do not remove them, as they help control swelling.

PAIN MANAGEMENT

- Pain may increase over the next few days, with peak discomfort on days 2 and 3.
- Take Ibuprofen or Acetaminophen every 6 hours for the next 3 to 4 days to manage pain and swelling.
- For severe pain, take the narcotic pain medication between doses of Ibuprofen/Acetaminophen—do not take them together to avoid nausea. Do not drive or operate machinery while taking narcotic pain medication.
- Alternate the narcotic and Ibuprofen/Acetaminophen every 3 hours.
- Always take medication with food to prevent nausea.

DIET

- Eat cold & soft foods on the day of surgery (pudding, yogurt, applesauce, milkshakes, mashed potatoes, lukewarm soup, etc.). Avoid hot foods and drinks for 24 hours, as they may aggravate bleeding and burn your numb mouth. Avoid hard, crunchy foods (nuts, seeds, popcorn) for the first week.
- Drink plenty of fluids, but do not use a straw.
- Boost, Ensure, or Carnation Instant Breakfast are great options for maintaining energy and nutrition.
- Do not smoke.
- Avoid alcohol for 24 hours after surgery or while taking pain medication.

ORAL HYGIENE

- Do not rinse or brush your teeth today. Do not vigorously rinse, swish, or spit for one week.
- Starting tomorrow, gently rinse with the prescribed antibacterial mouth rinse 3-4 times a day for one week.
- Gently brush your teeth, avoiding the surgical site, unless otherwise instructed by your doctor.

IMPORTANT

- If prescribed an antibiotic, take it as directed until completion.

For any concerns, contact our office at: (708) 942-8154