

Post-operative Care After Dental Implant Surgery

To help ensure your comfort after dental implant surgery and provide the greatest chance of success for your newly placed dental implants, please follow these instructions carefully:

BLEEDING:

Continue biting with light pressure on a folded gauze pad for 20 minutes and replace if necessary. If bleeding persists, place a cold, moist tea bag over the surgical area and bite with light pressure. If the bleeding still continues, please call. Avoid hot foods (both temperature and spicy) and hot beverages today, they will dissolve the blood clot and may prolong bleeding. A soft diet is advisable for the next few days. Suggested foods include soup, pasta, fish etc. Avoid rinsing, spitting and drinking through a straw - as this may start the bleeding again. **DO NOT SMOKE TODAY**, if possible quit / reduce smoking during the healing period, as smoking will delay your recovery and prolong the healing process.

SWELLING

As with all surgical procedures some swelling is to be expected. To reduce the amount of swelling, apply an ice bag whenever possible for the next 24 hours to your face near the area of surgery. Intermittent application (20 minutes on and 20 minutes off until retiring) is most effective. After the first 24 hours you should switch to warm moist heat (such as a warm, wet facecloth) with intermittent application - this will help reduce the existing swelling. The degree of swelling experienced by patients varies widely from individual to individual.

HEALING and ORAL HYGIENE

Beginning tomorrow, rinse three times per day, i.e. after breakfast, lunch and dinner, with the prescribed mouthrinse as directed on the bottle. You may also rinse with warm salt water between using the prescribed mouthrinse (1/2 tsp salt to 8-oz. glass of warm water) until the swelling has subsided. Do not swallow the salt water as it may cause complications in people with high blood pressure.

Please use the prescribed or dispensed medication as directed and be sure to complete any antibiotic regimen. If you develop a rash, discontinue the medication immediately and contact our office. Please beware that some antibiotics may interfere with the effectiveness of birth control pills.

If you develop any abnormal swelling, bleeding, fever, difficulty in breathing, swallowing or opening your mouth, report to the emergency room immediately.

Do not use a toothbrush in the area of surgery and do not bite or chew any hard food in the surgical area for the next 2 weeks or so.

Avoid vigorous exercise for the next three days.