

Post-Operative Instructions for Implant Placement

These instructions will assist you in caring for your mouth following implant surgery. Post-surgical instructions

must be followed carefully to encourage proper healing to decrease post-operative complications and optimize

surgical results.

Bleeding

Minor oozing/bleeding is normal for the first few post-operative days. If excessive bleeding is noted, apply

moderate pressure with moistened gauze or a moist black tea bag over the bleeding site for 20 minutes. If the

bleeding cannot be controlled during that time, please contact Dr. Andy @ (440) 667-2224 or Monica (330) 620-0947

Swelling

Some swelling is normal following surgery, with it typically peaking on the second or third day following surgery.

Swelling can be minimized by cryotherapy; extra-oral icing of the surgical areas can be performed with an ice pack

or a bag of frozen vegetables. When icing, alternate apply cold for 20 minutes on and then 20 minutes off. Patients

are also encouraged so sip on ice water and passively soak the surgical site in ice water.

Medications and Pain medications

If antibiotics were prescribed, take them as directed and finish the prescription. If you smoke, do not smoke for at

least 3 weeks after surgery. Smoking significantly decreases your healing ability and will compromise your implant

and any graft placed. If not allergic to ibuprofen, take it every 6 hours for the first 3-4 days regardless of pain to

prevent swelling. In the rare instance ibuprofen is not enough to relieve the pain, take codeine every 4-6 hours as

needed. Never drink alcohol or drive with this medication.

Diet

A well-balanced soft diet should be employed for the first 3 weeks following surgery. Avoid chewing on the surgical

sites. Avoid foods that are hot, spicy, have small seeds (such as berries), or have thin hard husks (such as popcorn),

and acidic drinks such as soda and orange juice for the first week.

Tooth Sensitivity

It is normal to have increased sensitivity to hot and cold on your teeth following surgery. This usually goes away

after a few weeks; prescription fluoride therapy can accelerate recovery. Your dentist may prescribe toothpastes

and/or rinses. Judicious use of fluoride therapy twice a day is necessary for optimal results.

Physical Activity

Limit your physical activities the first week following the procedure. Increasing your blood pressure / heart rate

with strenuous exercise may cause increased bleeding at the surgical sites.

Do not hesitate to call if you have any questions

Oral Hygiene- Warm salt water rinses begin one day after surgery, DO NOT spit, gently swish and let water fall out of mouth. Brushing can begin, Gentle around all areas around surgery site.