



Instructions For Implant Care After Surgery

An Implant(s) has just been placed in your mouth. The implant is located in the bone, under the tissue & usually cannot be seen. The implant will remain submerged for a period of 4 to 6 months, depending upon your body's healing properties & the type of implant placed. NEVER USE A WATER PICK NEAR YOUR IMPLANT, EVEN AFTER WORK IS FINISHED. IT CAN CAUSE THE IMPLANT TO FAIL.

- If medication has been given to you, you are not allowed to drive a car or operate heavy machinery for 24 hours following. It is advised to have someone with you during that time period, or until your sedation completely wears off.
 - 2 to 3 weeks following your surgery, you will need to have your sutures out and be examined by the doctor.
 - If you wear a partial, denture, flipper or essix retainer-you may take it out to brush, eat, use a soft brush or use salt water rinse. Keep the appliance as clean as possible at all times, you may soak it in Efferdent cleaner, brush it lightly and rinse it regularly. However, you will need to wear it during the night while you are sleeping on the very first night of the day you had the surgery. After the very first night of wearing your appliance, you should take it out every night after that, it will help the tissue to heal (unless you have been directed otherwise).
1. No smoking at all! You can't be around anyone who does smoke for 3 days. Smoke, nicotine & heat, slow down your healing time and can cause the implant(s) to fail.
 2. No alcohol to drink for 30 hours after your surgery. We also advise not to use rinses with alcohol in it, as it will dry out the tissue and prevent healing.
 3. Salt water-you will do salt water 3 to 4 times daily for 2 weeks after surgery: ½ teaspoon to a 6 ounce glass of warm water. Be very gentle when doing so-tilt your head side to side vs. rinsing. Lean over the sink and let the water fall out. Do not spit.
 4. Antibiotics: If an antibiotic has been prescribed for you today, it is extremely important that it is taken until gone. Should you develop hives, rash, itching or difficulty breathing, PLEASE STOP TAKING THE MEDICATION AND CALL OUR OFFICE, YOUR DOCTOR, AND GO TO THE NEAREST EMERGENCY ROOM.
 5. Please follow prescriptions given to you prior to and after your surgery.
 6. ___Pain: A certain amount of pain is to be expected with all types of surgery. A pain medication has been prescribed for you, take it as directed. It is advised that you do not drive or operate heavy machinery while taking medications.
 7. ___Motrin/ibuprofen/advil: these are all the same type of medication. Please take 600mg every 4-6 hours following the surgery for 3 days. This type of medication is not only for pain but is an anti-

inflammatory as well, which will help with swelling. If you are unable to take this type of medication, take Tylenol extra strength 400mg every 4-6 hours for 3 days.

8. Swelling: Some swelling is to be expected and possible bruising may occur and is not unusual. In most cases swelling can be prevented or controlled. Please use an ICE PACK- applied to the outside of your face on the side of the surgery for 20 MINUTES ON AND 20 MINUTES OFF FOLLOWING YOUR PROCEDURE. It is best to use the ice pack for 24 to 48 hours, following your surgery. If after 3 days you still have swelling or pain, please call our office. If URGENT and it is after hours call my cell phone. If not please call the office and leave a message and we will return your call promptly.
9. Bleeding: You will experience a small amount of bleeding and this is normal. If it is excessive (blood filling your entire mouth within seconds) please call our office.
10. NO VIGOROUS RINSING, SPITTING, OR SUCKING THROUGH A STRAW FOR 24 HOURS AFTER YOUR SURGERY. IT WILL PROLONG HEALING TIME.
11. Diet: Soft cold things are ok right away such as Jello, pudding, yogurt, milkshake, ice cream, frosty, Carnation breakfast or Ensure. Nothing hot the day of surgery, but you may have warm and soft foods such as mashed potatoes, eggs, soup, broth, soft noodles.

Avoid chewing on the implant site until the doctor or staff informs you that it is ok to do so. You may have other foods in the days following that are more normal, as much as you can tolerate, just no chips or nuts, anything sharp or chewy like gum or hard bread.

Additional Instructions:
