



IMPLANT TREATMENT POST-OPERATIVE INSTRUCTIONS

You have finished a very important phase of your implant treatment, and now it is time to begin the healing process. It is important to understand that some discomfort, swelling, and bruising is normal. Every patient is different and there is no way of predicting if you will experience any of these symptoms. The medications that have been prescribed to you will help keep you comfortable for the next few days. Refrain from eating for at least two hours and until the anesthesia has worn off.

THINGS TO AVOID FOR THE FIRST 24 HOURS:

- Avoid vigorous physical exercise, but you may return to work depending on how you feel.
- Avoid drinking through a straw or sucking motions.
- Do not smoke. It's better to refrain for 4 days. If you do need to smoke, place a wet gauze over surgical area.
- Avoid drinking alcoholic beverages, it will retard the healing process.
- Avoid food that is extreme in temperature or spicy.
- Avoid using any strong mouthwashes that contain alcohol.
- Do not brush the day of surgery. You can begin brushing the next day, but do so carefully.
- Do not use a rotary toothbrush after the implant placement. Use a manual toothbrush for the next 3 months.

ITEMS IN YOUR BAG TO TAKE HOME

- Antibiotics
 - Keflex Prescription- take it 3 times a day for the 7 days to prevent infection. 2 hours after taking each pill, take a Probiotic to replenish the good bacteria in your body. (A spoon full of Activa yogurt)
- Dexamethasone (10 tabs)
 - Helps with healing. You will feel a lot better if you take this medication. Take 4 tabs (at once) the day of surgery, 3 tabs the 2nd day, 2 tabs the 3rd day, 1 tab the 4th day.
- Pain Medications
 1. Motrin 800mg Prescription- Anti-inflammation and Pain medication. Take this during the day. Take it as needed for pain every 6-8 hours.
 2. Tylenol #3 Prescription- Strong pain medication. DO not drive with this medication. It is used when you are at home resting. Take it as needed for pain every 4-6 hours.
 3. Motrin 800mg (4 tabs)
 4. Tylenol 500mg (4 tabs)
 - You should begin taking pain medication before the local anesthetic begins to wear off. For moderate pain, Motrin 800mg (1) with Tylenol 500 (1) every 6-8 hours. For more significant pain, Tylenol #3 should be taken as directed. As these medicines are often irritating to the stomach, it is usually best to have eaten solid food prior to taking the medications in order to minimize the irritating effect of the medications.
- Bottle of Chlorohexidine



Avoid all rinsing or swishing for 24 hours. After 24 hours, you may begin gentle rinsing with Chlorohexidine solution. It can be used 2x a day for the next 2 weeks. Be sure to rinse for at least 30 seconds, and then spit it out. Start brushing your teeth the day after surgery, but not around the surgical site. Use a Q-tip dipped in Chlorohexidine to clean the teeth right next to the surgical site. Do not use an electric toothbrush until implant is ready to be restored.

- **Gauze**

Excessive bleeding (your mouth fills up rapidly with blood) can usually be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times. If you are going to bed, remove the gauze- we do not want you to swallow the gauze. If significant bleeding continues please call the office for further instructions.

- **Ice Pack**

Swelling is a normal occurrence after surgery. An ice pack should be placed on your face near the surgical site for 15 minutes at a time (15 minutes on, 15 minutes off). You need to activate the ice pack by squeezing the pack hard and then shaking the bag to mix the contents. As best you can, repeat this on/off cycle during the first day of surgery. Cold application should only be performed during waking hours.

ADDITIONAL INSTRUCTIONS

- Swelling that forms in response to the tissue trauma can be expected to peak around 2 to 3 days after your surgery (48 to 72 hours). That would typically mean starting this process on day 3 or 4 after your surgery. Once this point has been reached, you can help to bring it down more quickly via the application of warm compresses. A hot water bottle, moistened towel, or a heat pack can be utilized. The goal is to warm the swollen area, not to burn or scald it. So, manipulate the temperature of your heat source accordingly. Leave it in place for 20 minutes, then remove it and leave it off for the next 20. (20 minutes on, 20 minutes off). Repeat this routine for several cycles, multiple times throughout your waking day.
- Drink plenty of fluids. Avoid very hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible, but try to avoid biting food directly over the surgical site. It is also best to avoid food items with small seeds or particles, as these can sometimes work themselves under the gum tissue at the surgical site. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health.

FOLLOW-UP APPOINTMENTS:

Your next appointment will be in a week to check on the healing area where the implant is placed. The sutures will be removed around 3-4 weeks after surgery unless it falls off by itself.



Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.