

Post Operative Instructions Following Dental Implants

1. GENTLY Rinse with Peridex mouth rinse 2 times daily until the bottle is gone. Do not eat or drink for 30 minutes after rinsing with Peridex.
2. You may have sutures placed that need to be removed after healing or you may have sutures placed that will dissolve on their own over the next several weeks. If the sutures pull free call the office to have them removed at your soonest convenience. Do not try and remove them yourself.
3. Some degree of discomfort arises as the anesthetic wears off. Pain following surgery may be most severe for the first 24-48 hours. Do not wait for pain to become unbearable before taking pain medications. DO NOT DRINK ALCOHOLIC BEVERAGE WHILE TAKING PAIN MEDICATIONS. Moderate to severe pain usually does not last longer than 48 hours. You may want to take pain medication as soon as you feel the anesthetic start to wear off. For pain you can take 3 200 mg tablets of Ibuprofen (Motrin, Advil) every 6-8 hours, or 2 tablets of Tylenol every 6-8 hours. If Dr. Samuelson prescribed you a pain medication please take as directed on the bottle. DO NOT TAKE ANY OF THE ABOVE MEDICATION IF YOU ARE ALLERGIC, OR HAVE BEEN INSTRUCTED BY A DOCTOR NOT TO TAKE IT. Any pain medication can cause nausea and vomiting. It is very important to eat some food prior to taking the medication. Please contact our office if you experience any of the following; Prolonged pain, numbness persisting after the initial day of surgery, bleeding has not decreases after 3 days, pain increasing after several days, the implant becomes loose.
4. DO NOT DISTURB SURGICAL AREA. Allowing the tissues to rest undisturbed assists in the healing process. Avoid vigorous chewing, excessive spitting, and aggressive rinsing. If you routinely use a Water Pik, avoid doing so during the healing phase. Initial healing may be delayed, active bleeding restarted, or infection introduced.
5. Expect minor bleeding or oozing. If bleeding persists, continue pressure on a fresh gauze for an additional 30 minutes to one hour. Biting on a moist tea bag wrapped in gauze may help control persistent oozing from the surgical site. Tea contains tannic acid which help with blood clotting. Should bleeding persist please contact our office.
6. Limit physical activity during the first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort.
7. Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack to the affected area for 20 minutes on and 20 minutes off. Do this as often as

you can over the first 24-48 hours. Anti-inflammatory medications such as Ibuprofen (Motrin, Advil) also help decrease swelling.

8. Be sure to take any prescribed medications until they are completed.
9. FOOD SELECTION is important. taking 1000 mgs of Vitamin C daily will help with healing. Softer foods are the most easily tolerated for the few days after surgery. Supplements such as Ensure, Carnation instant breakfast, and/or yogurt supply excellent added nutrition. DO NOT EAT POPCORN, POPPY SEEDS, SESAME SEEDS, OR SEEDED FRUITS, THESE CAN GET LODGED AROUND THE IMPLANT AND CAUSE A SECONDARY INFECTION. DO drink plenty of fluids but please avoid using a straw for several days. AVOID hot liquids and food the day of surgery.
10. Oral Hygiene around the area of surgery is important. Please gently brush the teeth on either side of the implant/implants placed.
11. If upper posterior implants were placed we instruct patients to avoid blowing the nose during the first 2 weeks following surgery.
12. Any dental implant patient who suspects he or she is getting an infection during the post operative phase is advised to contact our office immediately.
13. The healing process can take up to 6 months from the time the dental implant is placed. You may have to wear a temporary prosthesis and make periodic adjustments to make sure it fits and works correctly.
14. When the permanent prosthesis is made, we will give you instructions on cleaning the implant and keeping it in optimal health with ROUTINE 6 MONTH DENTAL EXAMINATIONS IN OUR OFFICE.