

IMPLANT POST-OP CARE

For the remainder of the day:

* Avoid spitting, use a tissue to wipe your mouth or swallow your saliva
* Do NOT drink from a straw, drink from the cup
* Do NOT smoke
* Try to keep fingers and tongue away from the surgical area
* Take antibiotics as prescribed

Bleeding: It is normal for minor bleeding to occur for the first 24 hours following surgery.

 If slightly heavier bleeding occurs:

1. Place a piece of gauze over the surgery site.

2. Bite firmly on the gauze for at least 30 minutes. DO NOT chew on it.

3. If the bleeding continues, call the office

4**. Do not suck on area where surgery occurred or drink through a straw during the first 48 hours.**

Rinsing:

1. Do NOT spit or rinse the surgical area on the day of the surgery.

2. The day after surgery you may gently rinse with Tooth and Gum tonic several times a day to cleanse the surgical area

* Alternatively, you can use warm salt water

3. You may brush your teeth and your tongue after the surgery. Be careful of the surgical site.

Eating:

 • You should start with liquids and very soft foods for the first 24-48 hours following the surgery. If the area feels a little better, you can then move on to a normal diet.

• Be careful of chewing on hard foods near the surgical area.

You may resume your regular diet once you feel up to it; however, try to avoid chewing directly on the implant site.

Pain & Swelling:

• It is normal to experience some degree of swelling, which may increase in the first 24-48 hours

• If you do experience swelling, you can place ice over your face for 20-30 minutes at a time during the first 24 hours. This should help to reduce pain and swelling.

• If you feel mild to moderate discomfort, it’s recommended that you take an Advil or Tylenol as directed to ease the pain. For moderate to severe discomfort, it’s recommended to alternate 400mg Advil and 1000mg of Tylenol as needed every 4-6 hours not to exceed maximum dosage as suggested on the bottle. If the pain persists, please contact the office