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**DENTAL IMPLANT POST OPERATIVE INSTRUCTIONS**

It is important to follow the directions during the first 2-weeks after the placement of your dental implants to insure proper healing.

**MEDICATIONS:**

1. For postoperative comfort and to reduce inflammation, take the medication given to you. You should always follow the instructions on your medications carefully.

**BLEEDING AND SWELLING:**

1. Do not rinse your mouth vigorously during the first 24- hours after the operation. You may notice a small amount of blood mixed with your saliva for about 24-hours following surgery. This is normal. Do not become alarmed. If nose bleeding starts, do not blow your nose vigorously. If bleeding begins in the surgical area, apply gentle pressure to the area by biting on a roll of gauze for 1-hour. If bleeding does not stop, please contact Dr. Marvil at the office.

2. Avoid smoking and alcoholic beverages until your sutures are removed and curtail physical exercise for at least 48 hours following the operation. These activities increase bleeding and slow healing.

3. Minor swelling is not uncommon. An ice pack is very helpful immediately after surgery to prevent swelling. Keep the ice pack over surgical site alternating the ice pack on for 15 minutes and off for 15 minutes. While the ice pack is most helpful during the first 4-6 hours after surgery, you may continue to use one for the first 2 days after the surgery using the alternating on/off routine. Use an elevated head rest or an extra pillow for the first 2 nights after the surgery.

**EATING:**

1. Maintain a liquid diet for the first 5 days after the surgery. **Do NOT smoke or consume alcoholic beverages during the first week.** One week after the surgery, begin a soft diet and continue to restrict smoking and alcohol consumption. Poor healing will result if you do not maintain proper nutrition. Liquid dietary supplements and multiple vitamins are recommended.

**PLAQUE CONTROL:**

1. The day after surgery you should begin rinsing with Peridex. Use it as directed (Rinse gently for 30 seconds then spit. Use a ½ cap full 30 minutes after brushing in the morning and evening).

2. Sutures most likely were placed to aid in healing. Do not brush these areas as you may pull the sutures out while brushing. The sutures will be removed at your scheduled post-op appointment usually about one week after surgery.

**IF YOU HAVE A DENTURE DO NOT USE IT UNTIL IT HAS BEEN RELINED!**

Your next appointment is for follow-up and suture removal as necessary.

**Call the office if you experience post operative complications.**