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DIPLOMATES OF THE AMERICAN BOARD OF PERIODONTOLOGY

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. ***Ibuprofen (600mg)*** is recommended every six hours for the first 2 days. In addition, ***Tylenol (1000mg)*** may be taken in between ibuprofen doses if needed for discomfort. You should always follow the instructions on your medications carefully. Please take any antibiotics as prescribed.

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 the office.

2. Refrain from physical exercise for at least 48 hours following the operation. These activities increase bleeding and slow healing.

3. 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:

Do NOT smoke or consume alcoholic beverages during the first week. Maintain a softer food diet and focus chewing on the opposite side of your mouth, away from the implant. Poor healing will result if you do not maintain proper nutrition. Liquid dietary supplements and multi-vitamins are recommended.

PLAQUE CONTROL:

1. The day of the surgery you should begin using a salt water mix (1 tsp salt in ½ cup of water) by applying it with a sponge swab or cotton ball twice a day, after brushing the non-treated teeth.

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 typically about two weeks after surgery.

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

Call the office if you experience post operative complications

(703)430-0938

(540)338-4588