

POST-OPERATIVE INSTRUCTIONS: DENTAL IMPLANTS

The following will cover important information regarding proper post-surgical care for dental implants. It is imperative that you follow these instructions carefully to maximize your healing and improve the long-term outcome of your dental implant(s).

Pain following implanted teeth is not uncommon. For pain management, take Tylenol® Extra Strength as instructed.

Do NOT disturb the wound. Avoid touching the wound or spitting for a few days after surgery. There may be a metal cap slightly protruding through the gum tissue.

Some bleeding or redness is normal for 24 hours. You can control excessive bleeding (where your mouth fills up rapidly with blood) by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call the office for further instructions.

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack (or a plastic bag or towel filled with ice) on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 36 hours.

Drink plenty of fluids. Avoid hot liquids or foods. Soft foods and liquids can be consumed on the day of surgery. You may return to a normal diet 1-2 days after surgery unless otherwise directed.

You will use the Peridex™/chlorhexidine mouthwash twice a day for 1 week to help prevent infections.

Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas.

Keep physical activities to a minimum for several days following surgery. Avoid bending over, heavy lifting, or straining. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

You will start your antibiotics the day of your procedure at the nearest meal time. Taking probiotics with your antibiotics is helpful if you have a sensitive stomach.

Start with a soft diet avoiding chewing over the area of implant placement. Increase diet as tolerated.

Physical activity may continue as tolerated.

If you experience any complications, feel free to call the office at 844-ALFI-OMS.