

Patient Instructions After Implant Surgery

Please read the following instructions carefully. This will prevent complications and improve the results of your surgery.

Activity: Reduce your activity following surgery. No running, weight lifting or any strenuous aerobic activity or contact sports for 48 hours. Refrain from exercises that may place your head below your heart such as pilates or yoga.

Care of your mouth: Immediately after surgery keep ice cold water in your mouth or other cold foods, such as ice cream or low fat yogurt for six to eight hours. Do this as continually as possible. Allow these cold foods to defrost in your mouth thereby cooling the surgical site. Do all normal cleaning of teeth that did not have surgery. Try not to play with the top covers over the implants.

Discomfort: Following all types of surgery, you can expect some discomfort. If pain medication is prescribed, take as directed. If nausea develops, take the medication with mil or food. DO NOT drink alcoholic beverages in combination with pain medication.

Swelling: In some cases swelling may be expected. Generally, we prescribe anti-inflammatory medications to be used for 3-4 days following surgery. This will minimize swelling. In addition, taking in cold water or other cold liquids for 6-8 hours immediately following surgery is essential in order to minimize swelling. You must stay on cold liquids the remainder of the day following surgery. After 24 hours, any temperature liquid may be used. Do not apply heat for 72 hours.

Bleeding: A small amount of bleeding may be expected. Please do not do any spitting, rinsing or sucking, like sucking through a straw. Biting on the gauze that has been provided, soaked in cold water, is ideal to prevent bleeding after surgery.

Eating: Eat only cold, soft foods, mainly liquid, for 3-4 days following surgery. Do not eat hard, chewy, crunchy or spicy foods.

Dentures: Please do not wear your dentures for the first two weeks after surgery. Please do not wear your dentures until instructed to do so by the doctor.

Antibiotics: If antibiotics are prescribed, take them as directed until they are all gone. If an allergic reaction and/or nausea develop, call the office

Smoking: DO NOT SMOKE. Smoking can seriously irritate and delay healing of the tissue.