

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS AFTER DENTAL IMPLANTS SURGERY

DO:

Use ice on your face 20 minutes on /10 minutes off) for total of 24 hours

- Drink ice water or use ice chips in your mouth for the first 24 hours
- Eat soft foods for 1 week (chewing away from the surgical area)
- Sleep with head elevated for two nights following surgery
- Rinse with warm water and salt after each meal to cleanse the surgical wound
- Brush and floss your teeth: Just avoid the surgical area

DO NOT:

- Drink hot liquids for 24 hours following surgery
- Smoke for two weeks following surgery
- Drink alcohol for one week following surgery
- Exercise for three days following surgery (aerobic activity)
- Wear removable dentures until instructed (wearing dentures too early will jeopardize healing)

Bleeding:

You may see some bleeding following surgery. If this occurs, it may be stopped by gently biting on gauze soaked with cold water or moist tea bag. If the bleeding is not controlled by this method, please contact the office.

Swelling:

- If swelling is going to occur, it will peak in 48-72 hours.
- If you are swollen after 24 hours heat may be used in this area: A moist heated towel or a hot water bottle may be used in the area of swelling.
- In some cases bruising, or restricted jaw movement may occur. Heat after the first 24 hours will help reduce these symptoms.

Sutures:

- Sutures will be present in your mouth following surgery
- Avoid area of these sutures
- These will be removed in approximately 7-14 days following the surgery

Medications:

- In some cases medications (antibiotics, pain killers...) will be prescribed: **Use as directed**
- Mouthwash (Chlorhexidine) should be used twice a day for 30 seconds, after breakfast and before bedtime.

PLEASE CALL IF:

- Exhibiting a fever
- Profuse bleeding
- Pain beyond 72 hours
- Have questions or other circumstances

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