

POST OPERATIVE INSTRUCTIONS

MEDICATIONS: Antibiotics must be taken as prescribed. Take Ibuprofen 400-600mg (2-3 regular strength tablets) every 4-6 hours the day of the procedure and the day after. From the third day onwards, take Ibuprofen as needed.

ORAL HYGIENE: No rinsing or spitting the day of the procedure. The day after the procedure begin using warm salt water rinses at least twice a day. Mix half a teaspoon of salt with half a cup of warm water. Use the water syringe you were given to flush the site. Use the Chlorhexidine mouthrinse or apply Chlorhexidine Gel to the surgical site using a Q-Tip twice daily starting the day after the procedure.

It is extremely important to keep the teeth and gums adjacent to the surgical site free of plaque (bacteria). Please brush and floss the adjacent teeth at least twice daily.

ICING: An icepack should be used for the first 24 hours after the procedure. Apply it on the cheek in the area of the surgical site, alternating 10 minutes on and 10 minutes off. After that, moist heat (warm moist towel) can be applied on the site in the same pattern.

SWELLING: Swelling is normal within the first week of the procedure. Swelling will peak 2 days after the procedure, and will gradually decrease over the following days. Bruising is very common and will disappear with the swelling. Contact our office immediately if the swelling suddenly returns after the first week.

NUTRITION: Avoid hot food and drinks the day of the procedure. Do not use straws the day of the procedure. Drink plenty of fluids and eat a soft diet until given further instruction. Avoid any foods with seeds for two weeks after the procedure. Lower implants take 3-4 months for the bone to bond to the implants. Upper implants and bone grafting take 5-6 months. It is very important to avoid pressure on the surgical site during this time. Please chew on the opposite side of your mouth. If the procedure was in your front area, you must not bite into anything with your front teeth, you need to cut up the food and eat on the back teeth.

STITCHES: The stitches will have to be removed in 10-14 days. They are not dissolvable.

EXERCISE: Do not exercise for a minimum of one week after the surgical procedure.

DENTURES: In most cases, dentures are not to be worn until after your first post-operative visit. In all cases, the doctor will determine when dentures can be worn depending on the degree of tissue healing.

SMOKING: DO NOT SMOKE for a minimum of 10 days after the surgical procedure.