



Post Treatment Instructions

IMPLANTS

- Before your surgery, you were given an anesthetic to ensure your comfort. This will leave your lips, teeth and tongue feeling numb after the surgery is completed. For this reason, please avoid chewing until the numbness has worn off completely.
- We will likely prescribe antibiotics for you. Please begin taking these as directed the day before surgery, and continue to take them for the indicated length of time.
- We also usually recommend an antibiotic oral rinse for you to use before and after surgery. Again, please follow directions carefully.
- If you are having IV sedation or general anesthesia for your surgery, do not have anything to eat or drink after midnight the day prior to surgery.
- On the day of surgery, use your mouth rinse, then take your antibiotic with just a small sip of water.
- Following surgery, you will be asked to bite firmly but gently on a gauze pad to stop the bleeding. We'll give you a package of gauze to take home with you and place over the surgical site. Change the pad as necessary, and use them until the bleeding stops completely. You can also bite gently on a moist tea bag for twenty minutes. Be sure to call us if bleeding persists or increases.
- It's normal to experience some discomfort after implant surgery. We can give you a pain reliever prescription; be sure to follow the directions on the label.
- You can also decrease discomfort and swelling by applying an ice pack – twenty minutes on, twenty minutes off – for the first six hours following surgery. You can continue applying an ice pack for as long as seventy-two hours following surgery. After seventy-two hours, apply moist heat to the area.
- Keep your head elevated for the first twenty-four to forty-eight hours after you get home to minimize swelling and bleeding.
- Relax as much as possible and avoid all strenuous activities for at least two days following your surgery.
- Drink at least eight glasses of water or fruit juice each day, and be sure to eat, as nourishment is vital to the healing process. Limit your diet to soft foods like yogurt, soft soups, pudding and soft-cooked eggs for the first week.
- Rinse your mouth with a warm saltwater solution (dissolve one teaspoon of salt into one cup of warm water) three to four times a day for the week following your surgery. Be sure to spit carefully.
- As your jaw bone grows around the titanium posts, you may experience some soreness, which can last for several weeks. An over-the-counter pain reliever, such as ibuprofen or acetaminophen, will usually relieve this soreness.