



## **POST OPERATIVE INSTRUCTIONS**

### **DENTAL IMPLANT PLACEMENT**

**\*\*\*PLEASE READ BOTH SIDES OF THESE INSTRUCTIONS CAREFULLY\*\*\***

Congratulations on the placement of your dental implant. While the healing and restoration process may be lengthy it is important to follow the proper timetables for the best possible success. It is important that all post operative appointments are kept. Sometimes a second surgery is necessary at 3-6 months after placement of the implant.

#### **HEALING:**

Normal healing after implant placement should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.** If you don't see continued improvement, please call our office.

#### **DISCOMFORT:**

At times, oral surgery is accompanied by some degree of discomfort. For moderate pain, take 400 mg of Ibuprofen with 500 mg of Acetaminophen (Extra Strength Tylenol) every 4 hours at the same time. It is most effective if taken around the clock for the first 72 hours following surgery.

If pain is not manageable with Ibuprofen and Extra Strength Tylenol, you may replace the Extra Strength Tylenol with one (1) Hydrocodone-Acetaminophen, if prescribed. **\*\*DO NOT TAKE EXTRA STRENGTH TYLENOL AND HYDROCODONE-ACETAMINOPHEN AT THE SAME TIME.\*\***

Always verify the dosage on your bottle at home before taking any medications. Dosages vary per bottle.

Ibuprofen Maximum Dose: 2400 mg per day

Acetaminophen Maximum Dose: 3000 mg per day

Do not take the above medications if you are allergic to them or have been instructed not to by your physician. Do not take Ibuprofen products if you take blood thinners such as Coumadin or Plavix. Do not take any of the above medication if you are allergic to them, or have been instructed by your doctor not to take it. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

#### **DIET:**

Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). It is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the surgical areas. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits or follow instructions given by your doctor. Any chewing should be done on the opposite side.



**EXERCISE CARE:**

Do not disturb the surgical area today. Do **NOT** rinse vigorously or probe the area with any objects. You may brush your teeth gently. **PLEASE DO NOT SMOKE** for at least 48 hours, since this is very detrimental to healing. There may be a metal healing abutment protruding through the gingival tissue.

**OOZING:**

Intermittent bleeding or oozing overnight is normal and may occur over the next 48-72 hours. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

**MOUTH RINSES:**

Keeping your mouth clean after surgery is essential. Use warm water and gently rinse, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.

**BRUSHING:**

Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort. Placing your toothbrush under hot water will make the bristles soft and easier to brush.

Sometimes the after effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress or need clarification, please call the office. Calling during office hours will afford a faster response to your question or concern.

**Please Note: Telephone calls for narcotic (pain killer) prescription renewals are only accepted during office hours. Office Phone: 630.909.0500.**