



## Instructions Following Implant Surgery

### Antibiotic

- If an antibiotic has been prescribed, start taking it the first day (unless directed otherwise) and use to completion. You can reduce stomach upset by taking with food and/or plenty of liquid.

### Ibuprofen

- Unless you have a reason you can't take ibuprofen (such as a stomach ulcer or interaction with other medications), take 600mg of ibuprofen at a time, 3 times per day. Start the day of the implant surgery, and take for the next 2 days. After that you can still take it as needed for pain. Do not use ibuprofen for more than one week.

### Swelling

- Most people get some swelling and, if they do, it usually happens about 48-72 hours after the procedure. Using an ice bag, sleeping inclined, and low physical exertion will help a great deal with keeping it to a minimum.

### Mouthrinse

- Twice a day, use a teaspoonful of the Peridex (chlorhexidine 0.12%) at a time, swishing throughout your entire mouth and then concentrating on the surgical area. Spit it out after a minute. This helps keep plaque to a minimum in areas where you can't brush.

### Oral hygiene

- For the first 2 weeks you can brush the other areas of your mouth with your usual toothbrush, but avoid the teeth on either side of the surgical site. Do not floss around the tooth/teeth near the area worked on until the stitches are out. After 2 weeks, there should be no oral hygiene restrictions, except for water-picks & electric toothbrushes directly on the healing gum tissue (this is ok after a month of healing).

### Stitches

- The stitches are usually dissolvable, meaning they will not need to be removed. They will begin to loosen and fall out in 2-3 weeks. If you feel a stitch hanging, you can give a light tug and often it will come out. If not, you can cut the dangling piece with a cosmetic scissors. If the sutures are not dissolvable, we will need to remove them in 7-14 days.

### Salt-water rinses

- Rinse your mouth out (don't swish) with warm salt water (1/2-tsp. salt in 8-ounce glass of 120-degree water). Hold this in the mouth for 30 seconds and spit out. Repeat. Do this 4-5 times per day for 7 days. Start day after the procedure.

### Exercise

- Avoid strenuous exercise for the first 7 days. Strenuous physical activity may increase post-operative pain or cause post-operative bleeding.

### Touching the surgical site

- It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site, use caution when washing your face, and avoid playing with your tongue on the surgical sites.

### Bleeding

- It is normal to see oozing from the surgical site for the first 24 hours. You may have a small amount of blood in your saliva the day after surgery. For heavier bleeding, moisten a black teabag and bite on it gently for 30 min. Black tea has a substance in it that clots blood (green/herbal tea does not). If this is not helping and you are concerned, please call the office.

### Food

- Until the Novocain wears off, avoid really hot foods or drinks. Stay on a soft diet, chew away from the surgery area and avoid any foods that would be more likely to get stuck in the surgery site, such as cereal, chips, popcorn, nuts, and seeds (fruits like strawberries have seeds). Do this for up to 3 weeks.
- If chewing is a problem, you can take several glasses a day for the 1st week or 2 of a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.) Ensure makes a product called Glucerna for diabetics. After 3 weeks, there should be no eating restrictions.

### Smoking

- Implant failure rates triple with smoking during the healing phase. Smoking may cause post-operative pain, as well. If you do smoke, keep it 5 cigarettes or less per day and only smoke half the cigarette for the next 2 months. Avoid cigars and pipes.

**Please call the office at (860) 870-9031 to contact the doctor if you have any questions or discomfort.**