
Post-operative Instructions for Implant Surgery

***Pain Control**

1. Implant surgery usually is generally less painful than the extraction process; however, we recommend taking your prescribed pain medicine before the local anesthetic wears off.
2. Most patients will be prescribed narcotic pain medicine containing acetaminophen. If you find that you are still having trouble controlling your pain, you may add ibuprofen as well.
3. You may ice the side that was treated at 20-minute intervals for the first 48 hours for comfort, and to prevent swelling.

***Bleeding**

1. A small amount of bleeding is normal after the procedure. It may persist for a few days especially if you also had an extraction.
2. If bleeding is present, place a gauze over the site and leave it in place for **a full hour**. Changing the gauze too often will cause more bleeding.
3. If there is a significant bleeding present, moisten a tea bag (any type of tea) and set it directly over the surgical site and place gauze over it.

***Sutures**

1. Sutures are usually dissolvable and will fall out by themselves 5-7 days later.
2. Try not to play with your sutures or they will fall out earlier than desired.

***Hygiene**

1. If we left your implant(s) exposed, there will be a metal post present. You may brush the teeth adjacent to the site, but do not brush the site directly for the first week.
2. After the first week, you can brush the site just like you brush your teeth.
3. If you were prescribed a mouth rinse called Peridex, you should rinse twice a day, once in the morning and once at night. **Remember to brush your teeth 30 minutes after rinsing with Peridex to prevent staining of your teeth.**
4. For the first week you should rinse with salt water after you have anything to eat or drink (1 cup of water and 1 teaspoon of salt).

***Diet**

1. Try not to chew on the surgical site for **3 weeks**.
2. For the first few days after the surgery eat soft foods that are easy to chew.
3. Avoid hard foods like nuts and popcorn for one week so you do not irritate the site.

***What's next?**

1. We will need to see you back in 3-4 months to take an x-ray and confirm bone healing around the implant.
2. In most cases you will be able to see your dentist to have your final restoration **3-4 months after implant placement**.
3. If your implant is not exposed, we will need to perform a small procedure to uncover it in 3-4 months.
4. If your metal healing abutment becomes loose or falls off please notify our office.

You will not be able to start the restorative process until we release you to your dentist, so please come to all scheduled follow-ups.