



After Dental Implants

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There might be a metal healing abutment protruding through the gingival (gum) tissue.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice continuously in 20 minute intervals, as much as possible, for the first 48 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food until your numbness wears off. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For mild to moderate pain ibuprofen (Advil or Motrin) may be taken. Ibuprofen, bought over the counter, comes in 200mg tablets: 3 tablets may be taken every 6 hours as needed for pain. For severe pain, the prescribed pain medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to do so.

Antibiotics

Be sure to take your prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Good oral hygiene is essential to healing. The day after surgery you should begin salt water rinses 3-4 times daily. Continue brushing your teeth and the healing abutments also. Be gentle initially with brus-

hing the surgical areas. **PLEASE DO NOT SMOKE** while healing as this may slow healing or lead to an infection.

Activity

Since you may experience some lightheadedness for the next several hours, we suggest you plan on bed rest or quiet relaxation for the rest of the day. **DO NOT DRIVE A CAR OR OPERATE MACHINERY FOR 24 HOURS AFTER GENERAL ANESTHESIA.**

If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking in normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing your Prosthesis

Our doctors will discuss this with you during your pre-operative consultation.

DIET SUGGESTIONS:

DAY OF SURGERY- LIQUID DIET: COOL INITIALLY:

Milkshakes jello yogurt ice cream
juice Pop Ice freezes milk custard Pudding sherbet Ice tea applesauce

WARM; after bleeding controlled:

Tomato soup creamy soups cream of wheat coffee/tea

DAY AFTER SURGERY- SOFT DIET:

Pasta Macaroni & Cheese spaghetti & sauce Oatmeal Mashed potatoes
baked potatoes soft vegetables cottage cheese Eggs/grits soups pancakes

EVERY DAY THEREAFTER INCREASE AS TOLERATED