
Implant Post-Operative Instructions

The surgical placement of your dental implant(s) has been completed. Do not disturb the wound. Avoid rinsing, spitting, or touching the wound. There may be a metal healing abutment protruding through the gum tissue. This is normal.

PRESCRIPTIONS

Pain Medication – You have been given a prescription for pain pills (Motrin, Naproxen, or Tylenol #3). These prescribed medications may sometimes cause you to feel tired or somewhat nauseous.

Antibiotic – You may also have been given an antibiotic. It is important to take this medication as prescribed.

DIET

For the next 4-6 hours you should only consume cold liquids. This will allow proper clotting and reduce some amount of discomfort. **DO NOT USE A STRAW**; allow the cold liquids to pass over the surgical area. Drink plenty of liquids, at least 2 (8 ounce) glasses for every pain pill taken.

After the first 6 hours you can start with very soft foods such as soup, yogurt, and scrambled eggs. You can then gradually go to a soft diet for the rest of the week. This can be anything you can cut with a fork (ground meat dishes, casseroles, cooked vegetables, chicken, fish, macaroni, etc.) Avoid popcorn, nuts and food with seeds or berries.

SWELLING

It is natural to have some swelling after surgery. To keep swelling to a minimum, apply an ice pack to the outside of your face over the surgical area for 15 minutes on and 15 minutes off for the next 24 hours except while sleeping. Keep your head elevated while sleeping to minimize swelling.

BLEEDING

It is natural to have tinges of blood mixed with your saliva for the first two to three days after surgery. It will not hurt to swallow, as it is mostly saliva. If your mouth fills with blood rapidly (within a few minutes) do not rinse to stop the bleeding. Place a wet tea bag over the bleeding area and press firmly for twenty minutes. If the bleeding continues, contact the office at **202-854-7103**.

HYGIENE

For the first 24 hours do not rinse or spit, this may disturb the blood clot and cause further bleeding. After 24 hours you may brush your teeth, tongue and gums gently but stay away from the surgical site. Do not floss the area. Remember, the better your oral hygiene, the faster the area will heal.

HEALING ABUTMENTS

Following your surgery you will notice a small shiny button protruding through the gum tissue, this is called an implant healing abutment. In some cases swelling will cover the abutment for a few weeks. The healing abutment is temporary and is used to reserve the place for your permanent crown. This area should be cleaned daily with a toothbrush. In some instances the abutment may dislodge from the area. You should contact the office immediately. Failure to contact the office may cause the area to become infected which may result in the loss of your implant.

FEVER

You may experience a slight feeling of weakness or chills during the first 24 hours. It is also possible to run a low-grade fever. If this persists for more than 24 hours, please contact the office. Get plenty of rest this week and do not over exert yourself.

Please feel free to contact the office at **(202) 854-7103** at any time with any additional questions.