



*Dentistry Dedicated  
to Excellence*

## DENTAL IMPLANT SURGERY POST-OPERATIVE INSTRUCTIONS

### GENERAL INSTRUCTIONS

1. Beginning the day **AFTER** surgery, rinse with Chlorhexidine twice daily as directed. Continue for 2 weeks, or as directed. Be sure to rinse **GENTLY** (not vigorously!)
2. Starting the day after surgery, you may brush & floss areas of the mouth **NOT** involved in the surgery. Please be gentle around the surgical site, do not touch these areas directly with toothbrush or your tongue.
3. Do **NOT** use water spray devices until cleared by your dentist.
4. **NO SMOKING** FOR A MINIMUM OF 72 HOURS, or until told otherwise. Smoking severely interferes with healing!
5. No spitting for 3 days.
6. A clean wound heals better and faster!

### PAIN

1. Some amount of post-operative discomfort or pain is normal and expected. Pain medications are often necessary for two to three days post surgery. After this the discomfort is often relieved with Ibuprophen. You may take two to three Advil, 200 mg every six hours.
2. If you can take them, you may use over-the-counter Tylenol, 325 mg , in addition to any prescription medications if needed to help with pain & swelling. In many instances, this may be all you need.
3. Prescription pain medications often cause drowsiness, avoid driving for 24 hours after taking these medications.
4. Please inform us any uncontrollable pain so that measures can be taken.

### SWELLING:

1. Some amount of post-operative swelling is normal and expected. Generally, this swelling will gradually increase over the next few days following surgery and reach maximum at around the 3-day mark, then begin to gradually subside over the following days. If swelling increases after the 5 day mark notify our office.
2. Ice packs may be placed over the side of the face where surgery was performed. Place ice packs for 15 min on and off (avoid direct skin contact with ice, wrap pack in a thin towel). during the first several days if you are experiencing swelling.

## BLEEDING/BRUISING

1. Some amount of post-operative bleeding or bruising is considered normal and expected. Slight oozing is common during the first day or two following surgery. Often the blood can mix with saliva and look worse than it really is. The bruising can spread down the neck and up towards your eye. This is a normal occurrence and should not be cause for concern. Bruising may occur in surgical site and also around the face/neck/jaw area.
2. To reduce the chance of excessive bleeding:
  - a. Do NOT rinse mouth vigorously
  - b. Avoid physical exertion for 48 hours
  - c. Keep head elevated with extra pillows for the first 24 hours
3. If bleeding is excessive, apply gauze or moistened tea bag and hold pressure for 15-20 min.
4. If bleeding is persistent or excessive, please inform us.

## MEDICATIONS

1. Take all medications as prescribed and instructed
2. Do NOT drive, handle firearms, or work near machinery for 24 hours after taking prescription pain medication. Do not drink alcoholic beverages while taking prescription pain medications.
3. In addition to drowsiness, strong pain medications often cause stomach upset or nausea. This is a common side effect and does not indicate an “allergy” to the medication. Nausea can be reduced by taking medication after a meal and drinking a glass of water.
4. Antibiotics should be taken as directed until **ALL ARE GONE**. Women: Some antibiotics may reduce the effectiveness of oral contraceptives, if you are taking birth control pills, continue taking them as usual but you should supplement with another form of contraception.

## DIET

1. Adequate nutrition is essential for normal healing, you will often feel better if you eat something after surgery.
2. **CHEW ON THE OTHER SIDE OF THE MOUTH IF POSSIBLE.**
3. Soft, cool foods are best during the first few hours after surgery. Avoid hot foods for the first day to help avoid swelling.
4. Do **NOT** use a straw until sutures are removed, or until told otherwise.
5. Avoid popcorn or crunchy snack foods (chips, etc) or foods with small seeds/particles (sesame seeds, raspberries, rice, etc).
6. Make sure to drink lots of fluids. Avoid carbonated drinks and alcohol while taking prescription medication.

## ACTIVITY

1. Exercise such as jogging, swimming, and tennis should be discontinued for 5 days after surgery. This is to reduce the risk of post-operative bleeding
2. Avoid excessive pressure & movement of lips for at least 7-10 days (blowing up balloons, playing wind instruments).

## PROBLEMS & QUESTIONS

1. Please contact us if you have any questions or concerns
  - a. Office email: [mdcfw@meridiandentalclinicfw.com](mailto:mdcfw@meridiandentalclinicfw.com)
  - b. Office phone number: 253-838-9333
  - c. Dentist's Cell Phone number that is on attached business card
2. Certain conditions may require immediate attention; please contact us at once if you are experiencing:
  - a. Bleeding in excessive amounts
  - b. Swelling after the first 3 days that seems to be increasing, or swelling in neck or throat area that interferes with bleeding
  - c. Fever
  - d. Pus
  - e. Rash, itching, or signs of an allergic reaction to any of the medications that have been prescribed

### **First and Second Week**

**Food & Drink:** Avoid very hot drinks; do not eat hard, crusty, or sticky foods for two weeks as this can cause more pressure on the dental implant. Avoid any excessive pressure onto the teeth implants/dressing area. You should only eat soft nutritious food for two weeks. Maintain a soft, high protein diet. Avoid pushing your tongue near the dental implant area for at least 2-4 weeks.

**Medication:** Take antibiotics and pain relieving pills as prescribed. Only take pain killers as needed.

**Hygiene:** Avoid brushing the area for two days, then brush gently with a soft toothbrush. Rinse with chlorhexidine mouthwash twice a day for two weeks; thereafter, discontinue using chlorhexidine as a mouthwash, but swab the implant site and healing screw with a Q-tip or toothbrush soaked in chlorhexidine until your final crown is placed. This keeps the implant area clean and undisturbed. Do not use a tooth pick or touch the dental implant with your tongue. Avoid use of an electric toothbrush or waterpick in the region until your final crown is placed.

**Exercise:** Avoid physical exertion (i.e. sports, heavy lifting etc.) for five (5) days. This can cause bleeding around the dental implant.

**Alcohol:** Avoid alcohol for 1 week as this can affect the healing of the tissues around the dental implant.

**Smoking:** Avoid smoking for 2 weeks before treatment and 2 weeks after. It is advised to discontinue smoking completely to increase the success of your implant integration (healing).

**Ice Packs:** A cold icepack should be applied externally over the treated area as needed or desired. Alternate on/off for 20 minutes for up to 24 hours. This helps reduce swelling. Use beyond 24 hours will not help swelling; however it may minimize pain.

### **Third Week until final Implant Crown**

Lightly brush the dental implant area. You can dip your toothbrush in Chlorhexidine liquid and brush gently around the treated areas. Avoid use of an electric toothbrush or waterpick in the region until your final crown is placed. Resume normal diet and activity.

#### **INSTRUCTIONS FROM THE DOCTOR**

Different people recover from dental implant surgery at different rates. Depending on the nature of the surgery, your age and your individual recovery capacity, you may expect to get back to your regular routine in 2 – 4 days.

We have made every effort to give you all the information you will need for a rapid recovery. If you have any additional questions or concerns, please do not hesitate to contact our office. Should you need to reach the Doctor after hours call the dentist's cell phone . Thank you for trusting our office with your treatment.