

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS WHO HAVE UNDERGONE IMPLANT SURGERY

GENERAL INSTRUCTIONS:

1. AVOID strenuous physical activity and smoking for the first 48-72 hours following the procedure.
2. AVOID all alcoholic and carbonated beverages.
3. Start the prescribed medications immediately. The pain medications prescribed for you may cause drowsiness and impair your ability to drive and perform delicate tasks. Avoid all activities requiring your full, alert attention while on pain medication.
4. Apply cold compresses to the surgical side of your face INTERMITTENTLY (20 minutes on and 20 minutes off) during the first 48 hours. Following this period, apply moist or wet warm compresses intermittently to reduce swelling as needed.
4. Begin a complete, but soft diet and avoid spicy and crunchy foods.

DETAILED INSTRUCTIONS:

1. **Oral Hygiene:** Light, gentle brushing of the teeth involved in the surgical area should be started. Please use a soft or extra soft tooth brush only. Frequent gentle rinsing of the mouth with warm saltwater AFTER the first 24 hours will aid in the healing process, and will help keep the mouth clean.
2. **Discomfort:** Following all types of surgery, a certain amount of discomfort is anticipated. If pain is not adequately controlled by the prescribed medication(s), or persists for a prolonged period of time (5 days or more), please contact the office. Pain medication is prescribed to alleviate discomfort during the initial healing period. If discomfort is minimal, over the counter medications such as Ibuprofen (Advil) and Acetaminophen (Tylenol) can be used in place of the prescription medications.
3. **Swelling:** A slight amount of swelling and discomfort is not unusual following most oral surgery and usually disappears within 3 or 4 days. The use of cold compresses gently applied to the area of surgery for 10 to 15 minutes every 30 minutes (DURING THE FIRST 24-48 HOURS) will help to control the post-operative swelling and discomfort. IF SWELLING PERSISTS after the first 48 hours, apply moist heat (warm washcloth or hot water bottle). If swelling continues after 2 days, or interferes with swallowing, please call the office.