

POST-OPERATIVE INSTRUCTIONS

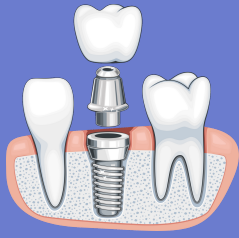
GENERAL CARE AFTER DENTAL IMPLANT

Following surgery, you should not be stretching your lip daily to inspect the dental implant area. Often, there will be an abutment (to help secure the implant and ensure healing) protruding through your gum tissue. You will notice that gum is covering the area – this is important so your implant can heal properly. There may be a healing cap over your implant.

You may experience one or more of the following:

- **PAIN** | A certain amount of pain following the procedure is common and is to be expected. To relieve the mild discomfort, take over the counter analgesics as instructed. For more severe pain, please take the medications as prescribed.
- **BLEEDING** | Bleeding is a normal occurrence and a certain amount is to be expected following the surgery. Oozing of blood will cause the saliva to be red tinged and may continue through the following day. Place a small piece of gauze directly over the wound. Close jaw firmly and maintain pressure for 20 minutes. When the gauze is saturated, remove it and repeat the procedure.
- **SWELLING** | To minimize swelling, place an ice bag wrapped in a cloth against the cheek on the operated side. Generally speaking, the less swelling that develops, the less pain and discomfort you will feel. Therefore, refrain from talking or speaking, keep head elevated and maintain the ice bag in place for as long as possible until the following day.





POST-OPERATIVE INSTRUCTIONS

GENERAL CARE AFTER DENTAL IMPLANT

In order to ensure your implant heals properly and is successful, please adhere to the following:

- **DIET** | Be sure to **drink plenty of fluids immediately** following your procedure and continue to do so while you are healing. You should **avoid hot or spicy foods or liquids**. During the first 24-hour period, you should only consume liquids and soft foods, but **do not drink through a straw** to prevent wound from opening. Following the first 24-hour period, you should return to a normal diet otherwise instructed. Avoid chewing directly where the implant was placed until your post-operative follow-up appointment cap because it will cause the implant to move below and could cause implant failure. To prevent infection, we may prescribe antibiotics, and it is important that you take them as directed.
- **ORAL HYGIENE** | Do not rinse your mouth vigorously for 24 hours because it creates suction in the mouth and may open the wound which can prolong bleeding and hinder healing. After the first 24-hour period, you can rinse with ½ teaspoon of salt in a cup of warm water at least 4-5 times a day especially before bed and after meals. Do not allow food debris to collect around wounds. This leads to a foul odour in the mouth and possible infection. Do not use commercial mouth rinses containing alcohol. Do not brush your teeth near the surgical site for 48 hours. Be sure to be very gentle when brushing. Also, be gentle when coughing up phlegm.
- **NO SMOKING** | Smoking significantly increases the chances of implant failure. Avoid smoking for at least two weeks after surgery.
- **LIMIT USE OF PROSTHESIS OR NIGHT GUARDS** | Do not use flippers, partial or full dentures or night guards until your post-operative appointment.

