



*Diplomate of The American Board of Periodontology*

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## POST- OPERATIVE IMPLANT CARE

Leave gauze placed over the surgical site in place for up to one hour after surgery before removing it. If the area continues to bleed excessively, place new gauze over the area biting firmly for 15-20 minutes. This may need to be done 2 or 3 times for the bleeding to stop. Do not rinse your mouth for at least 24 hours following surgery.

The day following surgery, gently rinse the surgical area(s) with Periodex. This will aid in your healing and prevent any odors. It is important that you brush all the other areas of your mouth. A clean mouth will reduce the chance of infection.

Apply an ice pack to the face in the areas of surgery. This will be done during waking hours for the first twelve hours following surgery. The ice may be applied on the second post-op day, morning only.

If you experience any swelling or bruising, do not become alarmed. This is normal and expected 3-5 days after surgery. Facial contours should return by the 7<sup>th</sup> day following surgery. If the corners of your mouth become dry or cracked, apply ointment or lip balm. It is normal for a slight fever to occur after surgery. If fever becomes higher than 100 degrees, please notify our office.

A soft diet is recommended for the first few days following surgery. Some suggestions are soup, yogurt, jell-o, applesauce or a protein shake. You may increase the consistency of your diet as soon as you are able to tolerate it. It is important that you drink plenty of fluids during your recovery.

Smoking has been shown to delay healing in the mouth and should be eliminated for as many days as possible following surgery.

It is absolutely essential that your denture or replacement teeth NOT be placed in the mouth until the doctor indicates. This will apply unnecessary pressure too soon after surgery and make the surgical area sore.

There will be some discomfort after the anesthesia wears off. Take a pain medication prescribed or an over the counter pain reliever every 4-6 hours for relief. It is important to complete all of the prescribed antibiotics and return to our office for your post-operative appointment.

If an immediate temporary crown was fabricated for your implant, please do not chew on the tooth for 4-6 weeks. Maintain a softer diet until instructed to fully function on the temporary crown.