



Implant Surgery Post-Operative Instructions

Antibiotic: If an antibiotic has been prescribed, start taking it the first day (unless directed otherwise) and use to completion. You can reduce stomach upset by taking with food and/or plenty of liquid.

Ibuprofen: Unless you have a reason you can't take Ibuprofen (such as an allergy to Ibuprofen or Aspirin, or a stomach ulcer), take 1 tablet **800mg of Ibuprofen** by mouth every 8 hours. Start the day of the surgery, and take for the next 2 days. After that you can still take it as needed for pain. Do not use ibuprofen for more than one week. If you take an 81mg aspirin daily, taking an NSAID (such as Ibuprofen) and Aspirin around the same time can reduce the blood thinning effect of Aspirin. To avoid this, take the Aspirin 8 hours after the last Ibuprofen, then wait at least 1/2 hour before taking any more Ibuprofen.

Narcotic Medication: Take one pain pill as soon as you can after the procedure. It will usually work better if taken before the numbness wears off. After that, take only as needed. Take any narcotic pain pills with food and/or plenty of liquid. Do not drive after taking any narcotic pain pill and do not take them with sleeping pills or alcohol.

Ice bag: Use a cold pack (a plastic bag of frozen peas works well) to the face over the area where the procedure was done for 10 minutes at a time, twice an hour, for the first 6 hours. You can periodically use an ice bag the rest of the day of surgery and the next day. If you use the ice bag as directed, you should have less swelling than you would have otherwise. The less swelling, the less pain. Do not use a hot water bottle. Do not leave the ice bag on for more than 10 minutes at a time.

Sleep somewhat inclined: For the first 2 nights after the procedure, sleep in a recliner chair or with your head propped up with some pillows. A recliner is better. If you keep your head above your heart level for the first 2 days, it will significantly cut down on post-op swelling. The less swelling, the less pain.



Swelling: Most people get some swelling and, if they do, it usually happens about 48-72 hours after the procedure. Using the ice bag, sleeping inclined as directed above, and low physical exertion will help a great deal with keeping it to a minimum.

Chlorohexidine (Peridex®), an oral antiseptic: Use a Q-tip to apply it. The ear cleaning Q-tips work the best, as they are very absorbent and hold a good size drop of liquid. Apply about **3 times/day** for **4 weeks** to the surgical site by dabbing the soaked in Chlorohexidine Q-Tip to the surgical area. Do *not* scrub it in. Once this liquid is applied, do not eat, drink or rinse out for 30 minutes.

Stitches: The stitches are usually not dissolvable, meaning they will need removed in about 7-10 days. If dissolvable stitches were used, they eventually fall out on their own in about 2 to 3 weeks.

Oral hygiene: Do not use a water-pik or an electric toothbrush around the surgical area for 4 weeks after the procedure. After that, it should be OK. Around the surgery area, for the first 4 weeks use Chlorohexidine Q-Tip about 3 times/day. You can brush the areas not worked on with your usual toothbrush. Do not floss around the tooth/teeth near the area worked on until the stitches are out. After 4 weeks, there should be no oral hygiene restrictions.

Exercise: Avoid strenuous exercise for the first 7 days. Strenuous physical activity may increase post-operative pain or cause post-operative bleeding.

Touching the surgical site: It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site, use caution when washing your face, and avoid playing with your tongue on the surgical sites.



Bleeding: “Pink” saliva is normal for a few days. If you get any bleeding, you need to apply pressure. Wipe it clean of any “blood clots” first. It has to be thoroughly cleaned first. Then apply gentle (it doesn’t need to be real hard) pressure to cheek and tongue side of the surgical area for 10 straight minutes with a soaking wet tea bag (black tea works the best), or a soaking wet gauze pad, or a clean wash cloth, etc. Be sure it is soaking wet. If it is not, the clot will stick to it and start bleeding again when you pull it away. If it just won’t stop, call.

Food: Stay on a soft diet, chew away from the surgery area and avoid any foods that would be more likely to get stuck in the surgery site, such as corn, popcorn, nuts, and seeds (fruits like strawberries have seeds). Do this for up to 3 weeks. Citric juices, carbonated beverages or acidic foods, like tomatoes, may make it hurt, but won’t damage the healing, though. For the first 7 days avoid really hot foods or drinks. Several glasses a day for the 1st week or 2 of a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.) is advisable as a food supplement. Ensure makes a product called Glucerna for diabetics. After 3 weeks, there should be no eating restrictions. Nothing but light sucking with a straw for the first 2 weeks. No milkshakes with a straw for 3 weeks.

Nightguard: If you have a nightguard, let us check it’s fit before wearing it to be sure it will not interfere with the implant or put pressure against it during the healing phase. After your final restoration is placed, you will need the nightguard rechecked and perhaps relined.

Smoking: Implant failure rates triple with smoking during the healing phase. Smoking may cause post-operative pain, as well. If you do smoke, keep it 5 cigarettes or less per day and only smoke half the cigarette for the next 2 months. Avoid cigars and pipes.