



## **Post Operative Surgical & Implant Instructions**

You have just completed the first step of your implant treatment. If you look inside your mouth, you may be able to see the implant healing cap. Proper care of your mouth will aid in the healing process and reduce the possibility of complications.

### **Bleeding:**

- It is normal for minor bleeding to occur for the first 24 hours following surgery.
- You should not experience excessive bleeding.
- If bleeding continues at home, place gauze over site with pressure for 45mins. If bleeding continues, call the office at 360-426-8401.
- Limit exercise for 24 hours.

### **Pain and Swelling:**

- Pain, bruising, and swelling are normal and expected following surgery.
- An ice pack placed on the face over the extraction site for 20 minutes on then off for the first 36 hours will lower swelling and bruising. Heat is not used for swelling.
- Severity of pain will depend on the procedure and number of implants placed. Take an Ibuprofen (Advil, Motrin, etc) or Acetaminophen (Tylenol) to ease discomfort. If needed, an antibiotic or pain medication may be prescribed by the dentist.
- Numbness of lips and/or tongue on the affected side may be experienced for a variable time. Difficulty in opening mouth and discomfort while swallowing should be anticipated.

### **Home Care and Rinsing:**

- Do not rinse or brush the implant area for the first 24 hours. Avoid disturbing implant area for two weeks.
- 24 hours after surgery, rinse mouth gently with salt water after meals (1/2 teaspoon salt per glass of water). This will help rinse food debris from tissue and sutures.
- If sutures were placed, they will dissolve and do not need to be removed unless told otherwise.

### **Diet:**

- You can eat as soon as you feel ready. Just be careful not to chew with implant. Until bone has had the chance to heal around implant, it is still vulnerable to chewing forces.
- Avoid foods that require excessive chewing. Gradually resume your regular diet.

### **Post Operative appointments:**

- We like to have you come back for a post op appointment to check gums and implant(s) 2 days after implant(s) were placed.
- Then at 1 month.

**If Problems arise**, such as excessive bleeding, persistent pain, sharp edges, or severe swelling, please call the office immediately. (360) 426-8401.