



Mechanicsville FAMILY DENTISTRY

IMPLANT POST-OPERATIVE INSTRUCTIONS:

The surgical placement of your implant has been completed. Do not disturb the wound. Avoid spitting or touching the wound. There may be a metal healing abutment protruding through the gingival (gum) tissue. This is normal.

Pain Medication: During the day you can take 1 extra strength Tylenol and 4 tabs of Advil, Motrin or generic Ibuprofen every 4 -6 hours as needed for pain. Ibuprofen also has the added advantage of reducing inflammation and swelling.

Antibiotic: You may have been given an antibiotic. Please take as directed until gone.

Diet: For the next 4-6 hours you are to have cold liquids only. The cold liquid will allow proper clotting to take place and reduce some of the discomfort.

DO NOT USE A STRAW!!!

After the first six hours we recommend a soft diet for the first seven days. Avoid popcorn, nuts, and foods with seeds until you have returned for your follow up visit with the doctor.

Hygiene: For the first 24 hours you are not to rinse or spit as this will disrupt the blood clot and cause further bleeding. After 24 hours you may begin to brush your teeth gently. You should also brush your tongue. Do not floss. Begin rinsing with ½ ounce of the Stella life twice daily after brushing.

Avoid brushing around the implant area. Use the Stellalide rinse only in that area until you have returned to see the doctor.

Swelling: It is normal after surgery. To keep swelling at a minimum apply an ice pack to the outside of your face 15 minutes on and then 15 minutes off for the next 24 hours. (except while sleeping). Sleep with your head elevated to help minimize the swelling. When you awake you may experience more swelling. This is normal. Continue to use the ice pack as instructed for the next 24 hours.

Bleeding: It is natural to have some blood mixed with your saliva for the first two to three days. It will not hurt you to swallow. This is mostly saliva. A bleeding problem would be if your mouth were to fill rapidly with blood in just a few minutes. Should this occur, do not rinse to stop the bleeding. Take a wet tea bag and place it over the bleeding area and press lightly for 20 minutes. If the bleeding will not stop, call the office.

IF YOU WERE SEDATED NO DRIVING THE DAY OF SURGERY.
Get plenty of rest and do not over exert yourself.

If you have an after hours emergency you may call our office at 8044177788.