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## ***DENTAL IMPLANTS*** - Post-op Instructions

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Dental implant surgery is a procedure that replaces tooth roots with metal, screw like posts and replaces damaged or missing teeth with artificial teeth that look and function much like real ones.

### ***What can I expect after my appointment?***

- Bleeding is normal up to 24 hours. If it persists apply slight pressure with some damp gauze. If you have had a bone graft placed you may notice some small granules appear in your mouth, this is normal and will not affect the implant healing. Leave the area alone as much as possible.
- Swelling is expected and will start to resolve after 2-4 days. There may be some slight bruising on the skin, which will clear in a few days. Swelling can be reduced with ice packs, for best results apply Ice pack to affected area in 20-minute intervals until swelling has been reduced.
- Soreness is likely for a few days following the procedure. This soreness can be managed by a prescription pain medication or the preferred alternative of Ibuprofen and Tylenol. If preferred, you can alternate Ibuprofen (Advil/Motrin) and Tylenol (acetaminophen) together every 4-6 hours. Take your first dose before the numbing wears off. If pain increases or does not subside in 3-5 days, please contact our office.
- If you have a denture that is worn over the graft site, try to limit the time that denture is worn for the first 2-3 days. Over the following 3 weeks, if you are able to limit the time wearing the denture, it will promote quicker healing time.
- Non-dissolvable sutures are typically placed for this procedure. A follow-up appointment will be made to remove the sutures and ensure healing around the site and in the bone.

### ***Key things to remember***

- Try to not disturb the area. Keep fingers, tongue, food, and utensils away from the affected area. Gently rinse after each meal to keep the area clean.
- We recommend avoiding strenuous exercise for the first 48 hours after your procedure. Stick to a soft diet for at least 3 days.
- If you have been given an antibiotic, it is vital to complete the full prescription as directed. This will promote vitality of the bone and Implant that will be placed.
- It is important to keep up with good oral hygiene, as always, but especially during this healing process. Brushing should resume as normal following surgery however avoid the surgical site for at least 4 days. Perioguard mouthwash (Chlorhexidine Gluconate) is suggested to be used the evening following the surgery and to be continued up to 1 week. It is highly recommended to swish gently in the area of the implant site at least 2 times per day. (No vigorous swishing)
- Hot saltwater rinses can be used to aid the healing process, this is suggested for the first week following surgery - One cup of hot water with a teaspoon of salt.
- We advise no smoking of any kind until your implant site has healed completely. Smoking severely limits the healing process and may affect the implants ability to integrate into the bone. This could likely result in a failed Implant, which is opposite of our end goal.
- If you have any questions following your appointment, please don't hesitate to call!

Thank you for entrusting us with your care.

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