

**After Placement of Dental Implants**

Do not disturb the surgical area. Avoid rinsing, spitting, or touching the area on the day of surgery. There will be a metal healing abutment protruding through the gum tissue.

**Bleeding**

Some bleeding or redness in the saliva is normal for 24 hours. To control bleeding, place a gauze pad directly on the area and bite down for 30 minutes. If bleeding continues please call our office for further instructions.

**Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 36 hours.

**Diet**

Drink plenty of fluids and eat only soft foods on the day of surgery (nothing hot). Return to a normal diet as soon as possible unless otherwise directed.

**Pain**

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, take any prescribed medication as directed. Please do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

**Antibiotics**

Be sure to take any prescribed antibiotics as directed to help prevent infection.

**Oral Hygiene**

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm saltwater rinses (a teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth and the healing abutments is ok. Be gentle when brushing the surgical areas.

**Activity**

Keep physical activities to a minimum immediately following surgery. The lack of normal nourishment may weaken you and limit your ability to exercise. If you do exercise, throbbing or bleeding may occur, in which case you should stop immediately.

**Wearing your Prosthesis**

Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days or more unless specially adjusted by the doctor.