

PAIN: Pain is generally minor or non-existent after implant placement, however some discomfort can occur after surgery. To minimize pain, take pain reliever before the numbness wears off. If prescription pain medication is prescribed, take as directed. Don't exceed doses. Taking with small amounts of food may help with upset stomach. Avoid driving or operating vehicles. **Do NOT drink alcohol while taking prescription pain medication.**

BLEEDING: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure. **Excessive bleeding is a medical emergency. You should go to the emergency room if you cannot control your bleeding with several minutes of pressure biting on gauze.**

SMOKING: Smoking should be stopped following surgery, and ideally discontinued completely. Healing and success of the implant will be substantially reduced by smoking. Implant failure rates may be up to 25% higher in patients who smoke and may cause delays or prevent successful implant related treatment.

SWELLING: Swelling can exacerbate pain. Applying an ice bag to the face will help minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue as needed for the first 24 hours.

NAUSEA: This is most often caused by taking pain medication on an empty stomach. Reduce nausea by preceding pain pills with a little food and drink plenty of water.

NUMBNESS: Local anesthetic will cause you to be numb for several hours. **Be very careful not to bite, chew, pinch or scratch the numb area.** In rare instances, residual numbness or tingling can remain for an extended period of days

BRUSHING: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush teeth gently, but avoid the area of surgery for 3 days.

RINSING: Avoid all rinsing or swishing for 24 hours. After that time, you may begin gently rinsing with a warm salt water solution of ½ tsp. salt + 8 oz. warm water. Avoid all other mouth rinses. You may be instructed to use a prescription mouth wash.

DIET: Avoid alcohol for 48 hours. Drink lots of water and eat nutritious soft foods. **Food should require minimal chewing (i.e. pudding, yogurt, bananas, soup).** After the first 3 days you can resume regular meals as you are able.

ACTIVITY: After leaving the office, be sure to get rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure at a resting rate will reduce bleeding and aid healing.

ANTIBIOTICS: If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone. For women using birth control pills, it is important to note that antibiotics will decrease their effectiveness.

SINUS INVOLVEMENT: If your sinus was involved in the procedure, avoid blowing your nose, sneezing, or playing a wind instrument for one week. Use of nasal decongestant medications may be recommended.

REMOVABLE APPLIANCES/DENTURES: If you have a removable attachment to your implant, avoid putting pressure on the new implants before they have healed. Your denture may be adjusted or modified. In certain cases, you will need to go without your dentures for a period of time after the implants are placed. Sometimes a temporary removable appliance can be made for cosmetic purposes, until the non-removable one is finished. You will need to maintain your implants by continuing to visit the office for routine care and cleanings.

Removable “snap-in” dentures should not be left in overnight or it may cause failure of the implants.

FOLLOW-UP APPOINTMENTS: You may need to return to the office within the first 14 days to have sutures removed or for a healing check. You may need to return after the implant has integrated into the bone for a secondary procedure to expose the implant for final restoration.

PLEASE CALL IF YOU HAVE ANY OF THE FOLLOWING:

- uncontrollable pain
- fever
- warm and/or red swelling occurring a few days after the procedure
- reactions such as rash, itching, or breathing problems

If you have any questions or concerns, please don't hesitate to call our office: (918)266-6470