



Implant Post-Op Instructions

Immediate Postoperative Care

It is important to minimize contact with the implant. Aside from normal hygiene, it is best to completely leave the implant alone for the first 2 weeks after placement. You may want to limit foods to softer items and chew in an area away from the implant during the 10 to 12-week integration period.

Bleeding

Minimal bleeding can be expected after implant surgery. There is a small chance that bleeding after surgery may continue for several hours. If you are experiencing this, the best way to stop bleeding is to fold 2 pieces of damp gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. If you received sutures, the suture material may last 7 to 14 days and should be left alone. They will dissolve or fall out on their own. Any sutures remaining at the time of your post op visit will be evaluated at that time may be removed at the surgeon's discretion. Do not pull or cut the sutures yourself. You are always welcome to call our office if you have any concerns: (661)831-0800.

Swelling

Depending on the severity of your surgery, you may or may not experience swelling. Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

Medication / Pain

If you do not have an allergy to non-steroidal anti-inflammatory medications (Ibuprofen, Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. If prescribed a narcotic, you may take the narcotic for any pain. Do not combine different pain meds. While taking a narcotic pain medication, you may not drive or operate mechanical machinery. The pain medication may make you drowsy. Once you feel like you can stop the narcotic, use Ibuprofen and Tylenol together as needed. All medication should NOT exceed the recommended dosage. Discomfort should subside daily. If not, please call our office.

***NOTE: If you are taking PLAVIX or COUMADIN, do NOT take Ibuprofen or Aspirin products.**

Diet

While still numb, patients should avoid hot liquids or foods. Patients may have applesauce, pudding, or jello. Once the numbness wears off patients can progress to soft foods and progressing to solid foods with time, chewing away from the surgical sites. Stay away from harsh or acidic foods like orange juice or alcohol as this may irritate the tender surgery site.

Oral Hygiene

The best way to care and ensure proper healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft-bristle toothbrush and toothpaste after meals and at bedtime. Should bleeding resume after brushing, repeat the use of gauze as described above. Do not rinse your mouth the day of surgery. Do not use mouthrinses, especially those with alcohol.