

## **Post-op Instructions-Implant Placement**

**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.

**SMOKING:** Smoking should be stopped following surgery. Healing and success of the implants will be substantially reduced by the cigarette smoke chemicals in your body.

**PAIN:** Some discomfort is normal after surgery. To minimize pain, take 2 Tylenol and 4 ibuprofen every 6 hours as needed for pain until bedtime to maintain comfort. Take that before anesthesia wears off. If prescription medication is prescribed, take as instructed on the label. Take with food to help reduce upset stomach. Avoid driving or operating heavy machinery when taking prescription strength medication. The medication may cause drowsiness. Do not drink alcohol.

**NAUSEA:** Most often this occurs when taking medication on an empty stomach. Take all meds with water and food.

**NUMBNESS:** The local anesthesia will cause numbness for several hours after you leave the office. Eat soft foods in order to avoid biting your cheek or tongue. Be careful when having hot foods as you may burn the inside of your mouth. Sometimes the implant procedure can cause residual numbness or tingling for 6 weeks or longer.

**SWELLING:** Apply ice to the areas where the implants were placed. Do a cycle of 15 minutes on and 15 minutes off for the first day. Elevate your head on 2 pillows when sleeping.

**BRUSHING:** Do not brush your teeth for the first 8 hours following surgery. Next day brush your teeth gently but avoid the area for 3 days.

**RINSING:** Avoid rinsing or swishing for 24 hours. After 24 hours you may begin gentle rinsing with warm salt water (1/2 teaspoon of salt in 8 ounces of warm water). Do not use commercial mouth rinses.

**DIET:** Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal meals as soon as you are able to after the first two days. Drink plenty of liquids and avoid alcohol.

**ACTIVITY:** After leaving the office, rest and avoid strenuous activity for the remainder of the day. Keeping the blood pressure lower will reduce bleeding and aid in healing.

**SINUS:** If the sinus was involved in the procedure, you should avoid blowing your nose and the use of a decongestant should be taken.

**REMOVABLE APPLIANCES/DENTURES:** Dr. Allen will give you specific instructions about your partial/denture. To avoid putting any pressure on the implants before they have healed, your denture may be adjusted or significantly modified. In certain cases you will need to go without your dentures for a period of (days or weeks) after the implants are placed.

**FOLLOW-UP APPOINTMENTS:** We will schedule several follow up appointments to monitor healing. Contact the office if you have uncontrollable pain, excessive bleeding, fever, excessive swelling or reactions to the medications.