

### Implant Post Operative Instructions

Congratulations on your new dental implants! In order to ensure that your implants are a success, it is important for you to do everything you can to promote a healthy healing environment. Please thoroughly read and comply with the following instructions.

1. **Bleeding control:** Apply slight pressure by biting down on the gauze provided for 20-minute increments. Do not chew or talk while the gauze is in place, as this may promote bleeding or disrupt the incision lines.
2. **Pain control:** Most patients experience only mild to moderate discomfort for several days following their implant placement. Start with your favorite over the counter pain reliever. (Advil, Tylenol) and if this doesn't suffice, try the prescribed narcotic pain medications. Any increase in pain more than 7-10 days after surgery may indicate implant failure, and you should contact the office to schedule a check up as soon as possible.
3. **Swelling:** Some swelling is expected following implant placement. Apply ice packs to the outside of the jaw where the implants were placed. 10 minutes on, 10 minutes off, for the first 24-36 hours.
4. **Stitches/Sutures:** Most implant placement surgery involves the placement of sutures to close incision lines. These may be dissolvable, or they may require removal in 5-10 days. Try not to play with the stitches with your tongue. It is not uncommon for a stitch to come loose, or fall out and even leave the implant head slightly exposed. This usually *does not* affect the survival or prognosis of the implant.
5. **Infection:** Take any antibiotic medications as prescribed by your doctor. You may also be prescribed an antibiotic mouth rinse to use. It is important to take these as your doctor has prescribed. Any swelling that continues to get larger more than 3 days following surgery is usually an infection and you should notify your doctor immediately. Normal swelling from the surgery is expected and usually peaks at 48 hours and then gradually decreases.
6. **Dentures:** If your implants were placed under existing dentures, studies have shown that implant survival is best when the denture is not worn for 2 weeks following surgery. Many patients have done well wearing their dentures socially after the first week; however, do so at your own risk. After 2 weeks dentures may be worn sparingly, and you should not chew any food with the dentures for an additional 10 days.
7. **Food:** Do not chew over the implant site for 7-10 days. After that, chew only soft foods (mashed potatoes, bananas, soft noodles, etc.) over the site for the next 1-14 days.
8. **Graft Materials:** Your doctor will tell you if any bone grafting material was used in your implant placement. Occasionally, tiny particles of the graft may come out over the first week or two. This is normal. Keep in mind that this graft material needs several months to consolidate into bone, and no direct chewing over the site should occur during this time frame.
9. **Numbness:** The local anesthetic may last up to 12 hours following surgery. If numbness persists overnight, call your doctor first thing in the morning.
10. **Oral Hygiene:** Use salt water mouth rinses several times a day for one week. Avoid brushing next to the implant sites for 5 days, and thereafter only gently brush on the teeth next to the implant for an additional 10 days. Thereafter, brush normally. If your implant type has a cap coming through the gum surface, start gently brushing around the cap 5 days after surgery, and gradually increase to normal brushing over the next 10 days.

**Please call the office with any questions or concerns. (425)353-1009**