

44 West Post-Treatment Instructions: Dental Implants

Please follow these directions as closely as possible to ensure proper healing and integration of your new dental implant.

FOR THE NEXT 24 HOURS:

NO RINSING, SPITTING, SMOKING, OR DRINKING THROUGH A STRAW.

Also try to limit strenuous activity.

These actions can cause bleeding and slow down the healing process. Smoking can increase the chances of an infection or a dry socket.

BLEEDING:

Minor bleeding is expected and in most cases can be controlled with GENTLE gauze pressure. Some minor weeping or oozing is common and may persist for several hours or days.

SWELLING:

Many patients experience swelling after surgery. The swelling may increase for the first 48 hours before it begins to subside. Swelling may last for several days.

Use a wrapped ice pack on the face next to the surgical site. Keep it on for 15 minutes, then off for 15 minutes, and repeat as needed. On the third day, change to moist heat instead of cold.

DIET:

A soft diet is recommended for the first few days. Foods such as mashed potatoes, pasta, cottage cheese, soup, or scrambled eggs are great examples. Drink adequate water to stay well hydrated.

**** PLEASE DO NOT CHEW DIRECTLY OVER THE IMPLANT SITE. ****

If a healing cap was placed over the implant, take great care not to chew on the cap. This is very important, as chewing on an implant that is not yet healed may lead to failure and the need for further surgery.

ORAL HYGIENE:

After 24 hours, you may begin rinsing GENTLY with warm salt water (1 tsp of salt in 8 oz. of warm water). Do this after meals and before bed as needed. Avoid alcohol-containing mouth rinses for the first week or so as it will burn.

** Avoid contacting this area with your toothbrush. For 3 weeks, use a cotton swab dipped in salt water to gently clean the site. Do this until the sutures are removed. **

SUTURES:

If dissolvable sutures were used, they will fall out on their own. This generally occurs in the first week after surgery, but timing varies from 3–10 days.

If non-dissolvable suture were used, you will be scheduled for removal.

MEDICATIONS:

Take any medications as directed.

Prescription: Take any prescription medications as directed.

Over The Counter: Research has shown that an alternating regimen of Tylenol and Ibuprofen is one of the most effective ways of managing pain after oral surgery. You begin by taking a dose of ibuprofen, followed by a dose of Tylenol 3 hours later, and continuing this process as needed. You may do this for the first 5 days. The recommended dosages are:

- 600 mg ibuprofen (THREE 200mg pills) every 6 hours
- 500mg Tylenol (ONE extra-strength pill) every 6 hours

If you are unable to take one of the above medications, just take the one you are able to tolerate every 6 hours.

QUESTIONS?

We are here for you! Feel free to call with any questions or if any unusual symptoms develop.