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Implant Post-op Instructions

1. Swelling and bruising can and often occur in varying degrees from patient to patient. Use cold packs at 20 minute intervals the first day after surgery. Start immediately following your procedure. Using the ice prior to swelling increases its effectiveness and minimizes the severity. Don't wait...use the cold pack even if no swelling is noticeable.
2. Blood in your saliva is normal for the first day or so, however, if you should have excessive bleeding, place pressure on the area with gauze we have provided for you, or a moist tea bag. The pressure should be applied for approximately 25-40 minutes. If the bleeding should continue or is alarmingly heavy, contact our office. Keeping your head elevated while sleeping or when lying down also helps.
3. You will possibly be given a prescription for an antibiotic. Start the day of surgery and take as directed.
4. Should you feel discomfort, you can use Ibuprofen (if not allergic) 600-800mg, three times a day with food. (Do not exceed 2400mg a day.) You may be given a prescription for a stronger pain medication. Take as directed if needed.
5. You may be given a prescription for an antibacterial mouthwash. Start the evening of surgery and use as directed. Begin warm salt water rinses the day following surgery. Rinse 4-6 times daily for one week.
6. Brush and floss your remaining teeth as usual, but use caution around sutured area. Do not use a Water-Pik or any type of electric toothbrush until instructed by your doctor.
7. Leave your partial(s) or denture(s) out (when applicable) unless otherwise instructed.
8. If you are having upper jaw implants placed, it is not unusual to have a minor nosebleed within the first few days following the procedure. If this continues, call the office.
9. Limit strenuous activities, such as jogging, for approximately two to three days following your procedure. You may resume normal daily activities, such as work, the day following your procedure unless otherwise instructed.
10. Following your procedure, smoking should be avoided as this significantly affects the healing process.
11. Diet following implant placement should be soft foods (yogurt, ice cream, eggs, pancakes, milkshakes, smoothies, applesauce, etc), chewing only in the areas where you have natural teeth remaining. Do not chew in the area(s) of the sutures. Also avoid things such as popcorn and food with small seeds, as these tend to get lodged in the sutures. Continue with this diet until the sutures are removed or otherwise instructed.
12. Full mouth replacement: You should stay on a soft diet for the first week following your procedure. You may increase the texture of your food after the first week. You will receive specific instructions about this from your doctor.
13. Should you have any questions or problems, you can contact our office 24 hours a day.

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