

SCOTT A. PAUL, D.D.S.
Practice Limited to Periodontics/Implants

"Committed to Caring and Excellence"

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POSTOPERATIVE INSTRUCTIONS FOR IMPLANTS

Please read and follow these instructions. They will make you more comfortable, promote healing, and prevent possible complications.

CARE OF YOUR MOUTH: Begin gentle but thorough brushing twenty-four (24) hours after surgery. It is essential to keep teeth as clean as possible; this helps prevent infection and promotes healing. There will be bleeding and tender spots for up to six weeks; clean in spite of this. Rinse with warm salt water 3 times/day (1 teaspoon salt for 8 oz. water) starting 24 hours after surgery.

DISCOMFORT: Some discomfort may occur when the local anesthetic (numbness) wears off. If pain medication is prescribed, take as directed. Many times only one pain pill is necessary if it is taken just as the numbness starts to wear off. Some pain medications can affect your reactions, therefore, **DO NOT** drive, drink alcohol, or operate potentially dangerous equipment. Always take some nourishment with your pain medication to avoid nausea.

ANTIBIOTICS: If antibiotics are prescribed, take them as directed until they are ALL GONE. If you have any questions or concerns, please call.

IMPLANT SITE: Gauze should be kept in place with light pressure for the first hour. If you are wearing a removable appliance, that covers the implant site, it is strongly recommended this be left out for the first 24 hours.

EATING: Eat only cold, soft, or liquid foods for the first 24 hours after surgery. After the first day, stay on a semi-soft, but balanced diet. **DO NOT** eat hard, spicy, or chewy foods for 5-7 days. **DO NOT** skip meals.

SWELLING: some swelling is normal but this can be minimized by applying a cold pack. Apply for 20 minutes, removed for 20 minutes, reapply for 20 minutes then take a one hour break in between. After 24-48 hours use warm, moist towels to the outside of the face.

BLEEDING: A small amount of bleeding is normal. Please be aware that a small drop of blood mixed with saliva may appear to be more bleeding than is actually taking place. In case of persistent bleeding, hold a gauze or tea bag (not herbal) firmly over the bleeding site for 20 minutes. Vigorous rinsing and spitting prolong bleeding by removing clots.

DRESSING: do not be concerned if pieces of the dressing come loose during the week. If the dressing is loose, remove it or notify us.

SMOKING: Please do not smoke following surgery. Tobacco smoke is an irritant to tissue. Refrain from smoking for as long as possible.

ACTIVITY: No strenuous exercise for the first 72 hours

PLEASE CALL: Do not hesitate to call if problems arise or if you need additional information. Our 24 hour telephone number is: 760-525-0949