

## *Post-Op Dental Implants*

1. The single most important thing to remember for this procedure is to stay quiet and take it easy for a few days. You may be able to return to normal activities on the day after your surgery. However, if you are having multiple implants placed, you should plan to take several days off work.
2. You should expect swelling, bruising, and some discomfort after this procedure. Following the post-operative instructions will minimize this.
3. You should place an ice pack over the surgical area immediately after surgery. Keep this ice pack in place for the first 8 hours. You make an ice pack by placing ice in a plastic bag wrapped with a lightweight towel or cloth. The ice pack reduces the swelling.
4. If your implants are placed on the lower jaw and you are experiencing tingling, persistent numbness, or pain in the lower lip, contact us right away.
5. Discomfort is usually the greatest the first night after surgery. Pain may be mild to moderate. This varies with each patient. We recommend using Advil or Motrin; you can take 3 at a time and alternate every 3-4 hours with Tylenol. If pain persists or is not well controlled, call the office.
6. Should oozing or bleeding occur after surgery, it may be stopped by gently biting on a roll of moist gauze for (15) minutes. Keep head elevated with pillows. If the bleeding does not stop after doing this, please contact the office.
7. Do not chew anything but soft foods for the first four weeks. If you have natural teeth in the area of the mouth not affected by the implant surgery, you can eat normally on those natural teeth. As the soreness goes away you will gradually be able to chew more normally.
8. Smoking seriously slows down the healing process in the mouth. It is best that you do not smoke for 10 days before and three weeks after surgery. It is especially important not to have alcoholic beverages while on medications.
9. Dentures may NOT be worn until refitted or relined. In certain cases dentures may jeopardize a successful healing process.
10. In summary, use good common sense in caring for the surgical area during the initial healing period. The implant will be an excellent service to you if it heals properly. All of the above steps will help it heal faster. Do not hesitate to call us at the office if you have questions or concerns. Be sure to return for follow up as instructed.

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