



## Post-Operative instructions following implant placement

The soft tissue surrounding the implant will be tender. This means that you should not disturb the wound or touch the sutures (if present). Avoid rinsing, spitting or touching the surgical site the day of surgery. A small amount of pain, bleeding and swelling is normal. You should also limit your physical activity as much as possible the day of surgery. Any disturbance to the surgical site can delay or prevent healing.

Post-operative discomfort can be minimized with the use of ibuprofen (Advil) and/or acetaminophen (Tylenol). Before the anesthesia wears off you should take 2-3 tablets (each tablet is 200 mg) of over-the-counter ibuprofen or take 2 tablets of acetaminophen (325 mg tablets). Do not take both ibuprofen and acetaminophen at the same time. If taking both, alternate them at four hour intervals as needed. If your doctor prescribes a prescription pain medication, take as directed.

The bleeding can be controlled with firm pressure from a damp gauze compress if needed. To do this, roll up a piece of gauze and wet with water. Close your jaw on gauze and keep pressure on area for 1 hour. Pink saliva is normal. However, if you feel you are still bleeding excessively, use a damp tea bag as a compress in the same manner as the gauze.

The swelling can be minimized by placing an icepack on the cheek or jaw next to the surgical site in regular intervals in the first 24 hours following surgery. It is best to hold the icepack in place for 20 minutes and then rest for 20 for the first 2-4 hours after surgery. Ice can then be used as needed for the remaining 20 hours. To make an icepack use a heavy plastic bag and fill with crushed ice. Use a cloth between your face and the icepack to protect your skin. Frozen peas can make a great icepack.

It is important to maintain a healthy diet and to stay hydrated following surgery for proper healing. For the first two weeks following surgery eat soft foods. Also, cold food in the first 24 hours can help with inflammation. Avoid hot foods and liquids in the first 24 hours. Foods to avoid for the first two weeks: Spicy food, acidic juices (orange, grapefruit, etc.), chips, popcorn, carbonated drinks.

Usually an antibiotic will be prescribed prior to implant surgery. Continue taking as directed. You should not smoke for 5 days following surgery.