

# Post-Operative Instructions

## DENTAL IMPLANT

The implant requires a clean environment in order to heal properly. The success of the implant will depend on you. Proper care of your mouth will aid in the healing process and reduce the possibility of complications.

The following instructions will assist you in this healing phase.

### Do's

- You might experience some swelling after the procedure. Ice packs will keep swelling and/or bruising to a minimum. Apply ice pack to your face on a "15 minute on and 15 minute off" cycle for the remainder of the day if possible. If swelling persists after 48 hours, apply a warm moist towel.
- You may have some discomfort after the procedure. Pain medication will be prescribed. Your doctor may prescribe antibiotics for you. It is important that you finish this medication.
- There is usually a minimal amount of bleeding following the procedure. We suggest that you bite on the gauze packing in your mouth for at least 20-30minutes. Some oozing may occur for a day or two after the surgery.
- Rinsing is very helpful in keeping your mouth clean. Warm salt-water rinses should be started the day after surgery. Rinse gently several times a day and continue to do so for ten to fourteen days.
- Stitches will be removed in 7-10 days, as deemed necessary by the doctor.

### Don'ts

- Diet is very important in the postoperative period. Care should be taken to avoid hard or crunchy foods that might cause trauma to the implant area. Gently rinse with warm water after every meal.
- Smoking should be avoided for at least two weeks following surgery. Smoking has shown to negatively affect the healing process. Your doctor will decide when dentures or partial dentures may be worn after surgery, but they must be worn only with caution. Remember, no undue pressure should be applied over that implant surgical site. This can affect the success of your implant.

**Should you notice any swelling, redness or discomfort in the area of the implant after the healing phase, PLEASE NOTIFY THE CLINIC.**

## Oral Hygiene Maintenance

Dental implants require the same care as real teeth, including brushing, flossing, and regular dental check-ups.

### Do's

- Brush after eating and before bedtime around the implant with a soft toothbrush.
- Floss at least once to twice a day. Use the proxy brush or floss threader to remove plaque under and around these areas to maintain good oral hygiene. Buildup of food debris and plaque on your teeth and gums can become infected.