

# CARE AFTER IMPLANT SURGERY

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Congratulations! You are the owner of a new dental implant. Implant surgery is 90% successful and in order to increase the chances of implant success, it is important that you carefully follow these post surgery instructions.

1. **Day of surgery:** Do not disturb area, avoid rinsing and spitting that day. A certain amount of bleeding is expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 90 minutes, then you may eat or drink. If bleeding persists, a moist tea bag should be held firmly in the area of bleeding for 90 minutes.
2. Ice the surgical area (side of face) for first 4 hours; apply ice 20 minutes on, 10 minutes off
3. **For pain relief:** For the first 24 hours only, take two 200mg tabs of ibuprofen with two extra strength tylenol every 6 hours; after that, take 600mg ibuprofen every 6 hours (it may be helpful to eat 30 minutes prior to taking pain medication to prevent nausea).
4. **Antibiotics:** Take as prescribed until they are gone.
5. Drink plenty of fluids (do not use a straw).
6. **Diet:** A proper diet is essential to healing. Soft foods are recommended. Stay away from sharp brittle foods (no popcorn, potato chips, etc.). Try to chew on the non-operated side of your mouth. Avoid citrus fruits, fruit juices, highly spiced foods and alcohol; these will cause pain.
7. Do not smoke for AT LEAST the first 5 days following surgery.
8. **Rinsing:** Starting the day after surgery, rinse with warm salt water every 2-3 hours. Begin the prescription anti-bacterial mouth rinse 5 days after surgery or after the wound is healed. Rinse 2-3 times per day for 60 seconds with the prescription mouth rinse, continue to also mix in rinsing with warm salt water. Avoid all other mouth rinses until doctor has informed you that the surgical site is fully healed.
9. Avoiding toothpaste for 72 hours following surgery will help healing. Simply brush with warm water and DO NOT disturb the surgical site. Also remember to brush your tongue to keep bacteria growth down.
10. DO NOT chew on any exposed portion of implant
11. Bruising and swelling may occur. Swelling is usually proportional to the surgery involved and swelling is at its peak in the first 48-72 hours. **To control swelling:** Ice on and off for first 48 hours and apply warm compresses (warm wash rag) after that. If swelling appears abnormal inform our office immediately.
12. If your jaw is sore, chewing sugar-free gum may help loosen the muscles. Make sure to keep jaw moving so that muscles don't lock up.

If you have any questions or concerns, call our office immediately: 720-845-5252  
In case of emergency, call Dr. Green: 720-446-8886