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Post Operative Instructions Following Dental Implant Surgery

• **How to take care of your mouth**

- Do not rinse your mouth, spit, drink from a straw or smoke immediately after dental surgery. These activities may dislodge the newly formed clot, which may cause bleeding from your surgical site.
- **AVOID** hot, spicy or hard foods immediately after dental surgery. It is important to drink plenty of fluids and to keep some food in your stomach. A soft diet, high in protein, is recommended.

• **Pain, Swelling, Bruising and Discomfort**

- Pain, swelling and bruising are all possible following surgery. Avoid strenuous work or play. You should rest or sleep with your head slightly elevated. Try also to sleep on the side opposite the surgery. You should place an ice pack on the surgical site to reduce discomfort and swelling. The ice pack should be left on the face for 15 minutes and then removed from the face for 10 minutes. This pattern should be continued for at least two hours following surgery only.

• **Do Not Blow Your Nose**

- Usually, upper posterior implants with less bony support need surgery near the sinus. In these cases, do not blow your nose for at least two weeks. If you have runny or stuffy nose, use a cold medication for relief. If you snore, sleep with your head elevated.

• **Brushing and Rinsing**

- You may use your toothbrush as you usually do to brush your natural teeth only. Do not use a brush near the surgical sites until you return for your check up appointment. Instead, gently rinse the toothpaste from your mouth. Then, rinse your mouth with PERIDEX (to kill bacteria) twice per day for 30 seconds. Do this only for the first week following surgery.
- After the first week you should place a small amount of PERIDEX on a soft toothbrush or Q-Tip and gently clean around the surgical sites. Using the PERIDEX in this way will minimize staining of your teeth and reduce effects on your taste buds. It will also minimize the amount of PERIDEX used while maximizing its positive effects.

- **Medications**

- You will be given three prescriptions. They are a pain medication, an antibiotic to prevent postoperative infections and the PERIDEX rinse previously described. Take these medications exactly as prescribed for best results.
- You must try to maintain a proper diet while taking these medications
- Please contact our office should you need more pain medication. Do not suffer needlessly with pain.
- If you are experiencing an adverse reaction to any of the medications, such as nausea, vomiting, a rash or severe stomach irritation, discontinue the medication and contact our office.

- **Bleeding**

- It is normal for the surgical site to have some residual bleeding for the first few hours following the surgery. If there is bleeding, do not try to stop the bleeding by rinsing, as that will make the bleeding worse. Instead, apply direct pressure to the bleeding area by biting on gauze for at least 15 minutes.

- **Postoperative Visit**

- Within one to two weeks following the surgery, you must return to our office to have the sutures removed and to make sure the site is healing properly.

- **Smoking**

- Smoking will interfere with proper healing and increase postoperative pain. Please refrain from smoking.

If you have any concerns, please feel free to contact our office at (718) 833- 6100