

Patient Care Instructions (Implant and Bone Grafts)

Before Surgery

- Continue any routine medicine you have been taking, unless specifically advised not to.
- Eat a light breakfast.
- Take one (1) prescribed pain tablet before leaving home.
- Report to office 30 minutes before surgery appointment.

Day 1 - Care following Implant procedure:

- Take pain medication before numbness from the local anesthesia wears off.
- During first 6-8 hours following procedure, apply cold packs to the affected area of your face in 20 minute intervals - 20 minutes on, 20 minutes off (ice, chilled canned beverage can be used in lieu of ice cubes).
- Do not rinse or spit the first 24 hours after surgery.
- Keep quiet and rest for the first 24 hours after surgery.
- Drink liquids and soft foods for the first 24 – 72 hours. If you are not hungry, force moderate amounts of liquids including: water, fruit and vegetable juices, milk etc. Soft foods include soup, ice cream, mashed, and ground foods of all kinds, baby foods, canned diet protein or reduced supplements such as Ensure, Slim Fast or Nutriments.

Day 2 – Care following Implant Procedure:

- Place hot packs to the affected area of your face for 20 minute intervals (20 minutes on/20 minutes off). You will experience some swelling. After the first day, continue only with hot packs.
- Rinse lightly with diluted warm salt water – 1 tablespoon per quart of water 2(two) times per day for first 3(three) days.

General Post Surgery Guidelines:

- Take antibiotic medication each day as prescribed until completed.
- No Smoking for first two (2) weeks following surgery.
- No carbonated drinks or alcohol; No sipping/drinking through a straw
- Rinse with Peridex mouth rinse daily.
- Take the prescribed anti-inflammatory until pain subsides.
- Do Not disturb stitches in any way for up to one (1) week.
- Brush all teeth except those adjacent to the implant area unless specified by Doctor.
- Keep tongue and fingers away from the area(s) of surgery.
- Do not brush or disturb implant, stretch, or pull lip away form surgical site in any way for up to one (1) week.
- Maintain liquid diet for two (2) weeks.

If your temperature should rise above 100 degrees, you start swelling more than you feel you should, or if you start feeling worse after the third day, please call me. If after hours, I can be reached at my home at 240.417.4237.