

Dental Implant Post-Operative Instructions

Please read this form entirely to minimize discomfort and complications after your surgery. This form has been designed to display information in an easy-to-read manner to save you time.

◀ Do This ▶

- Maintain pressure **for 30 minutes** with folded gauze over area to control bleeding. Swap out the gauze when it becomes saturated. Rest quietly with your head elevated. Expect oozing for 24-48 hours. If significant bleeding persists or begins again, bite a moistened tea bag for 30 minutes to encourage clotting.
- Expect swelling for 2-3 days after, and minimize it by applying ice packs to outside of face for up to 20 minutes each hour.
- Manage pain early by taking 400-800mg (2-4 pills) of over-the-counter **Ibuprofen** before the anesthetic wears off. Repeat every 4-6 hours, max 3200mg/day. If necessary, supplement with 1000mg (2 pills) of over-the-counter **Tylenol ES**, max 3000mg/day. Do this 2-3 hours after taking the Ibuprofen, and alternate after that. If you were given a pain medication prescription, take one in place of the Tylenol ES and follow the same timing recommendations.
***Avoid Ibuprofen and Aspirin if you currently take Plavix or Coumadin**
- Take your **antibiotics** each day as prescribed.
- Do **brush and floss thoroughly** as normal, especially the teeth near the implant site.
- Call us if you have continual or worsening pain 3-5 days after the procedure, 303-772-8020.
- If you were given a flipper or essix retainer as a temporary tooth, let us know if it begins to pinch on your gums anywhere in your mouth.
- Keep the site **clean and free** of food particles.

▶ Avoid This ◀

- Avoid disturbing or probing the area, **especially** if sutures (stitches) are present.
- Avoid **rinsing** vigorously the first day, or sucking through a straw.
- Avoid **hot liquids or hot foods** for 24 hours.
- Avoid **smoking**, which will slow healing, increase discomfort and chance of dry sockets.
- Avoid chewing any food on the affected side for 2 days.
- Avoid heavy lifting or intense exercise for 24 hours.

Depending on the procedure, you may or may not be able to see the head of the implant. If it is visible, keep it clean starting the night of the procedure by gently removing plaque with a wet toothbrush, no toothpaste. Visualize the site weekly to check for exposure of the implant head, and begin cleaning it if it ever become visible.

After 1 week, periodically check for abnormal drainage around the implant by applying pressure with your fingertip. Call us if any type of yellow drainage is seen after applying pressure.