

THE FOLLOWING WILL ASSIST YOU IN PROPERLY CARING FOR YOUR MOUTH DURING HEALING. PLEASE REMEMBER THAT SOME SWELLING, DISCOMFORT, AND RESTRICTED JAW OPENING AFTER SURGERY IS NORMAL AND THESE CONDITIONS ARE NOT CAUSE FOR ALARM.

REMOVABLE APPLIANCES

If you are instructed to wear your removable appliance (full or partial dentures, plates, false teeth, flipper), it is important that you keep the appliance in your mouth **continuously** for 72 hours to keep the swelling under control. Even leaving it out for 30 minutes during the first three days may result in enough swelling to prevent comfortable fitting of the appliance. You may remove it briefly during the first three days to clean it under running water.

PAIN AND SWELLING

Swelling after surgery is expected and usually increases slowly reaching its peak in about 48 hours. To minimize swelling, pain and discomfort, apply cold ice packs over the area of surgery. Icing the surgical area should be alternating between 20 minutes on and 20 minutes off. In addition, take 600 mg Ibuprofen (3 Advil, or 3 Motrin available OTC) every 6 hours for the first two to three days following surgery. **Do not take ibuprofen if allergic to Aspirin or Aleve, or if you are taking non-steroidal anti-inflammatory medicine.** You may still take the prescribed pain medication as directed in addition to the ibuprofen if the pain is severe. Aspirin is not recommended for pain due to its blood thinning effect. If you are unable to take ibuprofen, you may substitute with two Extra Strength Tylenol every 6 hours. Tylenol should not be combined with Percocet, Vicodin, or Norco, to prevent potential liver damage.

BLEEDING

It is not unusual to have minor, persistent or intermittent bleeding for up to 48 hours following the implant surgery. Avoid excessive rinsing of the mouth and bite firmly on a gauze sponge placed directly over the surgical site for 15 minutes, repeating as necessary. A tea bag moistened in warm water may be used in the same manner should the oozing continue.

SMOKING

Smoking will significantly reduce the success rate of implants. It can compromise the esthetics of your final crowns and accelerate receding of the gum line resulting in parts of the metal being visible in the mouth. It can also prolong or worsen the post-operative discomfort. Absolute abstinence is recommended for at least 2 weeks following the surgery if not indefinitely.

ORAL HYGIENE

You may gently brush your teeth the following morning after surgery. Avoid using an electrical tooth brush on the site until the permanent crown is placed by your dentist, as the vibration of the toothbrush can loosen the implant healing abutment. Rinse your mouth with warm salt water (1 tsp. of salt in an 8 oz. glass of water) 3-4 times a day for the first week to keep the surgical area clean. Flossing should be avoided around the surgical area for the first two weeks after surgery.

DIET & EXERCISE

As long as you are careful to keep the food away from the surgical site, there is no dietary restriction. You may eat after surgery as soon as the numbness wears off. Do not chew any food in the surgical area for at least 2 weeks until the gums are healed around the implant(s).

However, if you have a temporary tooth placed, avoid chewing on it until a permanent crown is placed by your dentist (usually 4 -6 months).

To minimize inflammation (swelling) around the surgical site, avoid strenuous activity for the first 3 -5 days following surgery.