

### **Post Surgical Placement of Dental Implants**

1. Do not disturb the surgical area. Avoid rinsing, spitting, or touching the wound on the day of surgery. You may feel a metal healing abutment protruding through the gum tissue.
2. Take prescription pain medication as prescribed. Do not take aspirin or aspirin based products (such as Advil) while on prescription pain medications.
3. If antibiotics are prescribed take them as directed. If you experience stomach upset or diarrhea please call the office so we can discuss alternative antibiotics if needed.
4. Swelling is normal. Minimize swelling by using an ice-pack: 15 minutes on, 15 minutes off for at least 3 hours.
5. Chew on the opposite side of your mouth. Avoid hard, hot or spicy foods. Keep some food in your stomach at all times to avoid irritation. Eat foods that require minimal chewing, such as soup, oatmeal, scrambled eggs, or smashed potatoes.
6. Slight bleeding is not unusual for several hours after surgery, if your bleeding is considerable; place a piece of moist gauze over both sides of the operated area. Apply pressure to the gauze on both sides for 20 minutes.
7. Do not use your toothbrush in the operated area until after about 48 hours and then brush lightly. To help maintain oral hygiene, starting tomorrow you may rinse every 2 hours. Use either a solution of half a teaspoon of salt mixed in a glass of warm water, or mild mouthwash. You may perform your normal dental hygiene procedures elsewhere.
8. For 24-48 hours after surgery, you may run a *slight* fever. Periods of chills or weakness the next day also are common.
9. Do not smoke for 24 hours after surgery. Smoking may increase pain and delay healing. Also avoid alcoholic beverages.
10. Follow your regular activities but avoid exertion the day of and the day after surgery.
11. If you have any questions, worries or concerns please contact one of the doctors.