

IMPLANT POST-OPERATIVE INSTRUCTIONS

During normal healing, you may experience:

- (1) A slight pulse-beat type pain or, more likely, a sore or bruised feeling when you touch the outside of your face during washing, shaving, applying lotion or make-up, etc.
- (2) Some swelling: typically increased swelling (over three days). A little bit today, a little more tomorrow, reaching a peak on the third day then decreasing a little each day until gone. ****Cold compresses are effective during the first 24 hours to minimize swelling, alternating 20 minutes on 20 minutes off. Crushed ice or frozen beverages melting in the mouth (Smoothies, Slurpies, etc.) can also be helpful in applying cold to both the inside and outside.**
- (3) Redness in the area and/or an elevated temperature (98.6-100°) for the first 48 hours is normal.

**Anti-inflammatory medications work well to alleviate these symptoms: Aleve, Aspirin, Advil/Ibuprofen, etc. It is advisable to take only one of these in conjunction with the medications that the doctors have prescribed for you.*

If you experience any bleeding, wipe the area clean with a piece of gauze or the end of a washcloth and apply direct, CONTINUOUS pressure with gauze or dampened tea bag. Apply pressure for one hour. Bleeding usually stops within one hour.

Soft foods are advisable the first several days following surgery. Fluids in the way of fruit juices, ice cream, soups and foods mixed in a blender will supply adequate nutrition and calories during the healing stages. Return to a normal diet as soon as possible.

You may brush your teeth being careful to avoid operative site. You may use a Q-tip dipped in mouth rinse to clean medicated dressing.

After the implant is placed, you may possibly feel or see grayish metal through the gum tissue. This is normal.

Have all prescriptions filled and take medications as directed. If pain is excessive or any unusual conditions arise, call this office immediately. If you develop a rash, stop taking prescription medications. If nausea develops, try taking the medication with food, but if nausea persists stop taking the medication. If that happens, you may have to call the office for a less potent pain medication. It is okay to try over the counter pain medications.

DO NOT SMOKE. Smoking has been shown to delay healing and should be eliminated if at all possible in the early healing phase.

****Be certain to return to this office as directed for post-operative treatment.**