



## **Post Operative Instructions**

### *Implant Placement Surgery*

After surgery you should try not to disturb the surgical site(s). Avoid rinsing, spitting, or touching the site(s) on the day of surgery. You may have a temporary healing abutment that can be felt above the gums at the surgical site; do not disturb it.

**Smoking:** There have been some studies that have shown smokers have higher chance of implant failure. The exact mechanisms are not known, but avoid smoking all together for a successful result. At the very least avoid smoking for the first two weeks after surgery.

**Bleeding:** A small amount of bleeding or redness in saliva is normal during 24 hours after surgery, and should be expected. You can control excessive bleeding by placing a gauze pad directly on the wound and biting down with firm pressure for 30 minutes. If you do this and the bleeding continues please call us for further instructions.

**Swelling:** Swelling is normal after surgery. To minimize swelling, apply an ice pack or wrap an ice-filled plastic bag with a towel and apply it to the cheek next to the surgical site. In the first 36 hours after surgery apply the ice continuously for as long as possible.

**Diet:** Drink plenty of fluids. Avoid hot liquids or food. Soft foods and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless your doctor instructs you otherwise.

**Pain:** Take your prescribed pain medication as needed when the anesthetic wears off. For moderate pain take one or two Tylenol or Extra Strength Tylenol every four to six hours. If you choose, you may take ibuprofen (Motrin or Advil) instead of Tylenol. Over the counter ibuprofen comes in 200mg tablets; take one or two of these every four to six hours as needed for pain. If pain is severe, take your prescription pain medication as directed. If you are allergic to any of the medications above – or your doctor has instructed – do not take the medication.

**Antibiotics:** If you are prescribed antibiotics following surgery, be sure to take them according to instructions in order to help prevent infection.

**Activity:** Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should stop exercising. Keep in mind that during recovery you are probably not getting your regular food intake. This may weaken you and further limit your ability to exercise.