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Contemporary Dentistry and Implantology

INSTRUCTIONS FOR CARE FOLLOWING DENTAL IMPLANTS

Please Follow Instructions Carefully To Reduce Complications and Speed Healing

1. **Protection of the blood clot:** Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. Keep steady firm but gentle pressure for 45 minutes. Repeat as needed.
2. Important: If you normally wear a full or partial denture that covers the surgical site, DO NOT WEAR YOUR DENTURE UNTIL THE DOCTOR SAYS IT IS OK TO DO SO. PRESSURE ON THE IMPLANTS CAN CAUSE THEM TO FAIL.
3. Do not chew on the area where the implants have been placed. PRESSURE ON THE IMPLANTS CAN CAUSE THEM TO FAIL.
4. **Apply ice packs to the area for 20 minutes on, 10 minutes off for the first 24-48 hours. This is extremely important to reduce swelling and pain.**
5. Discomfort: Following the placement of Dental Implants some discomfort is normal. You should take the prescribed pain medication as directed if necessary. You may try Tylenol or Ibuprofen (Advil) if the discomfort is milder.
6. Antibiotics: **Please take the antibiotic prescribed as directed.** It is imperative that you complete the course of antibiotics prescribed. FEMALE PATIENTS...If you are taking birth control pills, please be advised that antibiotics may render your birth control pills ineffective for the remainder of this cycle...Please use caution.
7. The Toothbrush: You may brush areas not involved in the surgery after 24 hours.
8. Eating: Adequate food and fluid intake after implant placement is very important. Soft foods and liquids are allowed; however, do not use a straw as this could increase bleeding.
9. **Do not rinse or use mouthwash for at least 24 hours.**
10. **Do start using the prescription mouthwash that was prescribed for you after the first 24 hours.**
11. Avoid excessive activity. Relax, you just had surgery. Don't pick at the surgical site or sutures, avoid alcoholic beverages, and refrain from smoking until healing is well established.
12. Sutures will be removed in the office at your post-operative appointment. Leave them alone.
13. Allergic Reactions!! If you develop a rash or itching, or other symptoms of an allergic reaction call the office immediately.
14. CALL IF ANY QUESTIONS OR CONCERNS ARISE.....