

**Arvada Implant and
Cosmetic Dentistry
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Arvada, Co80003
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POST OPERATIVE INSTRUCTIONS FOR IMPLANTS

BLEEDING

Minor bleeding may continue for 24-48 hours, in some individuals without need for alarm. Small amounts of blood in the saliva appear to be large amounts of blood are usually no cause for concern. If oozing continues after the gauze has been removed, place folded gauze over the site and bite to put FIRM pressure for an additional 30 minutes to 1 hour.

SWELLING

Swelling and discoloration in varying degrees often follow surgical procedures, within the oral cavity. To help maintain the condition, an ice pack or bag of frozen vegetable (often works better), may be placed on the side of the face over the area of surgery intermittently for the first 24 hours following the procedure. After 24 hours warm moist heat is preferred.

PAIN

To prevent pain, take 1 tablet or capsule prescribed, or 2 ibuprofen tablets within 1 hour. This will allow the medication to take effect before the local anesthetic wears off. Repeat this medication as directed on your prescription bottle. An increase in pain relief may be obtained by taking 2 ibuprofen with your prescribed medication.

HYGIENE

Avoid rinsing the mouth VIGOROUSLY for two(2) weeks, and then rinse the mouth with warm salt water, 1/4 teaspoon of salt in 8oz of water, 3 times a day. Food debris and other accumulations may be removed from the site of the surgery by GENTLE rinsing.

DIET

Continue eating as normal diet as possible. Avoid very hard foods as much as possible. Chew on the areas away from the site of surgery. DAILY INTAKE OF FLUIDS , are a MUST. But DO NOT SUCK THROUGH A STRAW FOR THE FIRST 24 HOURS, this may dislodge the blood clot that is trying to form.

SMOKING

Avoid smoking for 3-5 days after the procedure. The nicotine in cigarettes causes poor blood circulation which impedes healing. Limit alcohol use and physical activity for 3-5 days and drink plenty of water to stay hydrated.