

## **IMPLANT POST-OP INSTRUCTIONS**

1. Bite down and maintain firm pressure on the gauze that was placed at the end of your surgery for 20 minutes. After that time, remove the gauze and replace it with another gauze pack that was provided. Repeat this as necessary until the bleeding stops. If bleeding does not subside, use a moist tea bag.
2. If you were prescribed an antibiotic, please continue it until all the pills have been taken.
3. Some pain and discomfort is to be expected following implant surgery, especially after the numbing wears off. For pain management, use the following over-the-counter combination:
  - 600 mg Ibuprofen (3- 200 mg tablets of Advil)
  - 500 mg Tylenol/ Acetaminophen (1 tablet of extra-strength Tylenol)Take both medications at the same time every 4-6 hours as needed for pain
4. You may apply ice to the area of the implant to decrease swelling. Place crushed ice in a plastic bag and cover with a washcloth. Apply on for 20 minutes and off for 20 minutes. Mild bruising and swelling are common after oral surgery.
5. Brush your teeth, but avoid the area the implant was placed until it has healed. You may use a warm salt water rinse to clean the area.
6. A soft food diet is recommended for 2-3 days after implant surgery. Avoid chewing at the implant site until the gum tissue has had time to heal.
7. Avoid excess physical activity for 2-3 days after implant surgery. Do not blow your nose for 2 weeks if you have had an upper implant to avoid sinus injury.
8. **DO NOT SMOKE or drink through a straw. Smoking increases the risk of implant failure.**
9. If a bone graft was placed, you may find some small granules in your mouth over the first several days. Do not be alarmed by these. It is normal to have some of them come out of the graft site and into your mouth.

Please call the office at (931)363-6300 if you have any questions or concerns