



## IMPLANT POSTOPERATIVE INSTRUCTIONS

We are committed to providing the same quality of care following procedures that began during your initial visit. To that end, please refer to some general postoperative guidelines below, and by all means, **CALL** at any hour of any day to report a continuing problem of lingering concern.

- Do not disturb the area of surgery. The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing on hard or chewy items.
- A small “healing cap” can be seen flush against your gum tissue. Keep the area clean by gently brushing with a soft bristled toothbrush and rinsing with warm water. Do not use electronic toothbrushes. The rinsing can be done frequently, 2-4 times per day.
- If the “healing cap” loosens or comes off, please call the office within a 48-hour period of time.
- If some degree of discomfort arises, take one or two Advil, Tylenol, or Aspirin and repeat as necessary, or take the pain medication prescribed according to the instructions on the container.
- If there is any discomfort, you can apply ice to the outside of your face with a 20 minute ON/OFF cycle; this will relieve discomfort as well as prevent any swelling.
- Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do so otherwise.
- Do not drive an automobile for 24 hours following surgery if you have had intravenous sedation or if you are taking prescription pain medication.
- Do not use a straw.
- Please do not smoke for at least five days after surgery.
- Oral hygiene is important. Twenty-four hours after surgery, rinse mouth gently with a solution of one-half teaspoonful of salt dissolved in a large glass of warm water (tea temperature). Repeat after every meal or snack for seven days. Rinsing is important because it removes food particles and debris and thus helps promote healing. Brush tongue with a dry toothbrush to keep bacteria growth down, but be careful not to touch the surgical site. Resume your regular tooth brushing, but avoid disturbing the surgical site.

- If a sinus floor augmentation (lift) was performed in conjunction with upper implants:
    - Do not blow your nose.
    - Do not cover your mouth when you sneeze or hold back.
    - Do not smoke or use a straw.
    - Avoid swimming and strenuous exercise for at least one week.
    - It is not uncommon to have a slight amount of bleeding from the nose for several days.
    - Please remember that occasionally a second procedure may be required if there is persistent communication.
  
  - If tense facial muscles occur or black and blue marks appear on the skin during the first few days, apply warm moist heat to the area.
  
  - You will be seen in one week for a brief follow-up visit to evaluation how you are healing.
- 

Faithful compliance with these instructions will add to your comfort and hasten your recovery.

Be sure to follow these instructions carefully. Only in this way will you avoid complications, which may lead to unnecessary discomfort and delayed recovery. Should any undue reaction or complications arise, notify the office immediately.

**If you need to contact us after hours please call the office at 603-332-7300  
and follow the emergency instructions to page the doctor.**

We make every attempt to answer our emergency pages as promptly as possible. Occasionally, your messages do not reach us. If you do not hear back from us within one-half hour, please call back. Do this until the doctor has answered your call.