

# POST-OP INSTRUCTIONS

## IMPLANTS

A dental implant has been placed in your mouth. The implant may be located above or below the tissue. This type of implant has been selected for your particular situation because of the bone available to place an implant. The implant will usually take a period of four to five months to heal; depending upon your body's healing properties.

**Bleeding:** Some minor bleeding is expected after implant surgery. It will usually subside quickly, and stop within an hour or two after surgery. Upper implants may occasionally trigger some bleeding from the nose. This is normal and will stop quickly.

- Keep gauze on the surgical area with some pressure for 30 to 45 minutes.
- Remove the gauze after 30 to 45 minutes, and replace it with a new piece of gauze if you are still bleeding. It is important to make sure the gauze is directly on the surgical site. Firm pressure for another hour should stop the bleeding.

**Swelling:** Some swelling and minimal bruising is possible and is to be expected. IT IS NOT UNUSUAL. In most cases, swelling can be prevented/controlled. Apply the ice pack that has been given to you for a period of 20 minutes on and 20 minutes off during the day for the next two days. The application of ice to the outside of the face over the surgical area will minimize swelling. If after five days you still have unusual swelling or pain, please contact the office.

**Sutures** were placed around your implant, they will be removed and checked by your doctor in 1 to 4 weeks, depending on the type of sutures you received.

### **Please refrain from the following activities:**

- Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.
- Do not use a drinking straw. Drink straight from the cup.
- Do not smoke or vape for 48 hours.
- Keep fingers and tongue away from the surgical area.
- Avoid vigorous activity and heavy lifting for 48 hours.
- Avoid alcohol with post-operative medications.
- Avoid commercial mouth rinses.
- Avoid carbonated drinks and hot fluids for at least 48 hours after surgery.

**Medication/Pain:** A certain amount of pain is to be expected with all types of surgery. An appropriate pain medication has been prescribed for you. Please take it according to the directions. It is advised that you do not drive while taking the pain prescription. However, if only Ibuprofen or Tylenol is needed, most people are able to drive without a problem. If an antibiotic is prescribed, take as directed. Take the entire prescription until gone, even if symptoms of pain are not present.

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**Eating:** You may eat soft foods as soon as the anesthetic wears off. Try not to chew directly on the surgical site. You may resume a regular diet as soon as you feel up to it.

### **Suggested Foods to Eat:**

- Jello
- Apple Sauce
- Greek Yogurt
- Scrambled Eggs
- Mashed Potatoes
- Oatmeal
- Popsicles
- Cooled Soup
- Macaroni and Cheese
- Ice Cream
- Pudding
- Chicken finely chopped
- Ground Beef
- Pancakes

**Oral Hygiene:** The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Should bleeding resume after brushing, repeat the use of gauze as described above.

**Implant Follow-Up:** We will see you for your periodic check-ups until the implant heals. This is usually for a period of one to four months, depending on your implant surgery.