



### POST-OPERATIVE INSTRUCTIONS FOR PATIENTS RECEIVING DENTAL IMPLANTS

It is essential for the early healing process that the following directions are observed during the first two weeks after the operation:

1. Only semi-liquid food may be consumed during the first 2 days in order to avoid inadvertent food particles contaminating the wound. A soft chewing diet is recommended for 10-14 days after that. Smoking should be avoided during this time period.
2. If possible, an elevated head rest (an extra pillow) should be used during the first two nights after the procedure, to reduce swelling of the operated area.
3. Ice may be used during the first 48-72 hours to relieve swelling and discomfort. A thin barrier should be used between the ice pack and skin, 30 minutes on, 30 minutes off to avoid frost bite.
4. Should and oozing bleeding occur in the operated jaw, it may usually be stopped by softly biting for 15 minutes on a rolled gauze dressing soaked in saline. If the bleeding does not stop by doing so, your oral surgeon should be contacted.
5. After each meal the mouth should be thoroughly rinsed with a saltwater solution.
6. Specific mouth rinses or other disinfectants **should not** be used, unless prescribed by your doctor.
7. Old dentures may **not** be worn until refitting adjustments (relining) have been made, Insertion of dentures too early may jeopardize a successful healing process.
8. Notify the doctor if you have any increase in pain, swelling or bleeding.
8. After your procedure, you may resume taking all prescribed medications as ordered unless otherwise instructed by your provider.

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS.**