

DENTAL IMPLANT PRE-OP AND POST-OP INSTRUCTIONS

General PRE-OPERATIVE Instructions:

- ✓ Please feel free to ask questions beforehand
- ✓ Keep up excellent oral hygiene (brushing/flossing/waterpik) before procedure
- ✓ Please do eat before the procedure (if oral sedation, eat small meal couple hours before)
- ✓ Take any medications instructed to take before the procedure (stop any meds instructed to stop)
- ✓ If you smoke, stop/reduce smoking as much as possible for at least 2 weeks before procedure

POST-OPERATIVELY

DO THE FOLLOWING

- ✓ **Take medications as directed**
- ✓ **Cold compress**-apply 20 min on/20 min off, repeat first 24-48 hrs; Do not put directly against skin (wrap in paper towel)
- ✓ For swelling and bruising after 3 days, use warm compress
- ✓ Gently use mouth rinse next day - **No vigorous rinsing** (peridex/chlorhexidine)
- ✓ **Maintain regular oral hygiene in areas of mouth not worked-on**
- ✓ Do not get dehydrated (**drink water**)
- ✓ Get good sleep and rest
 - Can sleep head elevated 1st 2 nights
- ✓ For **24hrs**, room temperature and cold **very soft or liquid foods** recommended
- ✓ For **3 days**, room temperature and cold **SOFT foods or liquids** (should be able to easily cut foods with a fork)

DO NOT DO THE FOLLOWING

- ✓ **Do not brush, floss, waterpik, disturb, or try to look at site** until told it is “okay”
- ✓ **Do not create pressure in mouth** – no straws or spitting (lean forward with open mouth and let rinse/saliva/etc fall out)
- ✓ **No strenuous activity for at least 3 days**
 - No running or weightlifting, no bending over, etc. (slow walking and easy talking recommended)
 - If sinus augmentation, for **10 days**: no bending over, no strenuous activity, no holding in sneezes (open mouth), no nose blowing (just wipe)
- ✓ **Do not eat any foods that are hard or break-up into little pieces (peanuts, chips, etc)**
- ✓ Try and avoid smoking for 2-3 weeks post-op
- ✓ If surgical dressing applied and falls off, do not replace (leave it out of the mouth)
- ✓ Do not “tongue” or disturb the site

OPTIONAL Considerations (check with your doctor):

- Drape towel over pillow for 3 nights to help avoid any staining
- Example Soft foods: Fruits and vegetables (mashed pineapple, spinach, steamed broccoli), fish (salmon), eggs, whole grains (pasta)
- Vitamin C, D, and B6; collagen; omega-3; curcumin (turmeric); Bromelain
- Probiotics (i.e. S. boulardii bacteria) can be taken 2 weeks before and after procedure

Do not be concerned if: Mild bleeding (red) in saliva for few days, swelling is worsening until third day, bruising under eyes/around nose/under chin, medicinal/metallic taste in mouth, sutures are hanging (do not pull or remove yourself), or if discomfort persists for several days.

IF EXCESSIVE BLEEDING, FEVER, DIFFICULTY SWALLOWING, SEVERE PAIN (NOT RELIEVED WITH PRESCRIBED OR OVER-THE-COUNTER MEDICATION) or CONCERNS, PLEASE CALL (561) 328-9050 FOR ASSISTANCE