

Home Care Instructions for Implant Surgery

You have just completed the surgical phase of periodontal therapy. As with any surgical procedure, some tenderness and swelling are normal and to be expected. Follow the instructions below to minimize both and promote healing.

MEDICATIONS: 800 mg. of Advil, Ibuprofen or Motrin is to be taken every six hours for three days. This helps to minimize discomfort and reduce swelling. If other medications are prescribed, take as directed. Take the next dose at _____.

ICE: Apply ice to the outside of your face at the surgical site, alternating 20 minutes on and 20 minutes off, for six hours after surgery. This helps minimize swelling which generally occurs 24 to 72 hours after surgery. Swelling lasts about 4 hours then subsides. **DO NOT** use ice after the six hours.

SALT WATER RINSES: Salt water rinses are to begin the day following surgery and should continue until you return to the office for your first postoperative visit. Mix 1 teaspoon of salt with 8 ounces of warm water and gently swish as if using mouthwash. This will bathe the surgical area and promote healing. Rinses should be done 3 to 5 times a day.

DIET: Avoid the surgical site. Eat soft foods and drink lots of liquids until your first postoperative visit. Examples include pasta, ground beef, fish, soups, etc.

BRUSHING: Do not brush the surgical site, but do brush your teeth.

THINGS TO AVOID: Do not pull at your lip or look at the surgery site. Do not drink through a straw. Do not smoke. Avoid vigorous exercise, extreme mouth movements & mouth swishing.

CONCERNS/QUESTIONS: If you have prolonged pain, severe bleeding, a fever or any other concerns or questions, please contact Dr. Tom or his associate Dr. Ken. The doctors are often available 24 hours a day, phone numbers are listed below.

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