



INSTRUCTIONS AFTER DENTAL IMPLANT SURGERY

SWELLING: In some cases, puffiness and swelling may result and should not cause alarm. This may be kept to a minimum by holding an ice pack on the outside of the face, adjacent to the surgical area for the first 6 – 8 hours after your surgery. Leave it on for 15 minutes, then off for 15 minutes.

BLEEDING: It is normal for saliva to be slightly streaked with blood. In order to stop the bleeding, place a moist piece of gauze or a cold wet tea bag over the surgical site and bite down for 30 minutes. Repeat if necessary. Keep fingers and tongue away from the surgical site. Avoid spitting or the use of a straw.

RINSES: Do not rinse your mouth until the following day. On the morning following surgery, rinse your mouth thoroughly with Peridex for 30 seconds twice a day for one week. After meals, rinse with warm salt water (1/2 teaspoon salt + 6 oz. warm water) for the first two weeks.

DENTURES: Dentures should not be worn until the denture has been relined or adjusted. Insertion of dentures too early may jeopardize the success of your implant surgery.

DIET: To prevent any inadvertent food particles from contaminating or injuring the surgical site, you should only consume liquid and mashed foods during the first 2 weeks. Some examples are fruit juices, ice cream, soups, Ensure, Carnation Instant Breakfast, custards, mashed potatoes, peas, corn and any food mashed in a blender. **Smoking** and alcoholic beverages should be avoided during the first 2 weeks.

SLEEPING: Keep your head elevated with 2 pillows while sleeping.

MEDICATIONS: Following the implant surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed.

CONCERNS: If you have any doubts or concerns, a surgeon can be reached any time through our office number **STC: 905-934-5432 Welland: 905-788-2100 NF: 905-353-0117**