



Post Operative Instruction for **Implant Surgery**

1. **Do Not** rinse for 24 hours after surgery and **Avoid** hot liquids for the next few days. **Do Not** smoke for at least 24 hours after surgery. Avoid rigorous exercise.
2. **First DAY** - ICE area of surgery for 2 hours before bed
3. Avoid eating on the side of the surgical site.
4. DO NOT EAT hard foods, hot or spicy foods, popcorn, peanuts, seeds, crusty breads or pretzels.
5. **SECOND DAY** – ICE area of surgery for 1 hour before bed even if there is no pain. The more you ICE the less the pain!
6. MEDICATIONS that are recommended:
Tylenol/ Extra strength – 2 tabs
Aleve 200 mg - 2 tabs
800 mg MOTRIN – 1 tab
Every four (4) hours (avoid aspirin)
7. If antibiotic has been prescribed, be sure to take all the pills as directed. **Avoid Alcohol** with antibiotics, pain pills and sedatives. **Do Not Drive** while taking any sedative or pain relieving medication. If you pre-medicate, you must take your medication as prescribed on the day of suture removal if applicable.
8. If bleeding occurs, **Do Not Rinse**. Place gauze saturated with a tea bag over the area and hold firmly for 10 minutes. Repeat every 10 minutes alternating tea gauze and a dry gauze until bleeding stops.
9. Some swelling and temporary loosening of the teeth may be expected. Apply an icepack to the face, if directed, 10 minutes on and 10 minutes off for the next 24 hours. **Do Not** use heat. It can take up to six days for the swelling to recede.
10. If you had sutures placed please return to the office within 7-10 days
11. Do not brush for 3 days.
12. While gum recession usually results from surgery, it is never as much as it appears to be during the first few weeks. As healing progresses, the normal color and a smooth natural shape will return.