

Implant

- After treatment, firmly bite down on folded gauze for 30 minutes. Change the gauze before they become soaked with blood. To ensure that the gauze is exerting pressure over the surgical area, reposition the gauze.
- You may swell the morning after your surgery. Swelling can persist for over a week. To minimize swelling, apply a cold compress (icepack) to the face for the first 2 days (48 hours). Apply cold compress 30 minutes on, and 30 minutes off.
- After 2 days (48 hours), apply a warm compress (heating pad or warm washcloth) to the swollen areas to help soothe tenderness and resolve swelling. Apply warm compress 30 minutes on, and 30 minutes off.
- If applicable, take prescription pain medication.
- Over the counter painkillers (non-aspirin) such as ibuprofen can help alleviate discomfort.

- Leave the surgical area undisturbed. Do not rinse vigorously or probe the area with any objects.
- Do not smoke for at least 72 hours.
- Gently brush your teeth as usual. However, do not brush the surgical areas.
- Rinse your mouth 2-3 times daily, after every meal, with warm salt water.
- If your dentist prescribed a mouth rinse, use that several times a day as well.
- Do not use any over-the-counter mouthwash containing high amounts of alcohol.

- For your diet, start with liquids or pureed foods such ice cream, yogurt, pudding, soup. Advance to a normal diet as tolerated. Avoid foods such as popcorn, chips, granola bars, nuts, or anything that may irritate the surgical areas. Avoid extremely hot foods.
- Do not drink any alcoholic or carbonated drinks for 24 hours after surgery or while taking pain medication.
- Do not use a straw for the first several days.

- The first two days are generally the most uncomfortable, followed by gradual steady improvement. If you don't see continued improvement or feel like you are getting worse, please call our office.
- It is normal to see a small portion of the top of the healing abutment or cover screw that is on the implants. It is normal for that part to be exposed.