

Implant Post-Operative Instructions

Your healing and recovery from surgery depends on you carefully following these instructions. As with any surgical procedure, soreness and discomfort are common.

1. Do not smoke for 48 hours after surgery.
2. Place an ice pack on the outside of your face in 15 minute increments (15 minutes on, 15 minutes off) for the first 12 hours.
3. Do not use any rinses the day of the surgery. The day after the procedure mix 1/2 teaspoon of salt in a glass of warm water and rinse gently for 30 seconds. Repeat this several times daily.
4. Avoid all alcohol for at least 48 hours. Remember that mouth rinses such as Listerine and Scope have a very high alcohol content.
5. If a bone graft was placed, it is normal to see small pieces of graft material in your mouth for the first few weeks. This **does not** indicate that the graft is failing.
6. Keep fingers and tongue away from the surgical site(s).
7. It is normal for there to be some minor swelling immediately surrounding the surgical site(s).
8. If you were prescribed a medication, please take it as directed. If medication was not prescribed, then you can take over the counter pain medications such as Advil or Tylenol for relief of pain. Avoid aspirin as it may cause additional bleeding.
9. A soft diet is recommended the day of the surgery. Resume a normal diet the following day taking care to avoid packing food in to the surgical site(s).

After Hours Emergency Number
817-689-3837