

Implant Surgery Post-Operative Instructions

Maintain a liquid diet following the implant surgery while you are numb. You may be numb for 4-8 hours after the surgery if a special anesthetic is used at the end of the procedure. You may follow with a soft diet (texture of noodles or softer) until the mouth feels "normal." Resume your normal diet but please, do not eat on the side of the implant surgery until the sutures are removed.

1. If you have gauze placed in your mouth, please bite on the gauze for the next 4 hours. Do not eat, drink, spit, or talk during that time. This is a very critical time for the gums to adapt to the implants, and failure to follow instructions may lead to the loss of the implants.
2. Buy some ibuprofen 200 mg (Advil or Nuprin) and take two tablets four times a day for the next three days, whether or not you have pain. This type of medicine is used to prevent pain and not to treat pain that is already present.
3. Fill the prescription for the stronger pain medicine in case you should need to use it during the first 24 hours following your operation. If you do use this medication, DO NOT stop taking your ibuprofen.
4. Begin rinsing your mouth with warm water for 5 minutes each hour beginning at _____ p.m. today. Continue to rinse this often for the first two days; after that you should rinse as often as you can until you come in to have the sutures removed.
5. Brush and floss all other areas of your mouth in your regular fashion the day after your surgery.
6. Eat soft foods until you can place your clean finger over the implants and can push lightly without causing pain.
7. Swelling occurs frequently following implant surgery and you should not be alarmed. We would expect it to increase over the first 48 hours, stay the same for the next 24 hours, and then slowly go away over the next several days. If you swelling behaves differently than described, please contact the office immediately.
8. Bruising is quite common following implant surgery and usually takes 8-10 days before it goes completely away.
9. Temporary numbness may be present in your lips or tongue as explained to you prior to your operation.
10. If you had intravenous sedation (twilight sleep) and there is any soreness in your vein, please apply heat to that area tonight for 2 hours with a heating pad on medium setting.
11. You can use ice bags on your jaw this evening if you like. It may help to reduce swelling and may make it feel better. Do not leave the ice on for more than 15 minutes at a time and be sure your skin is not getting frostbitten (white or painful). After 24 hours, ice packs are not effective and you can switch to hot packs if they feel better.
12. DO NOT try to wear your full or partial denture if told not to do so.