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### **Post-Operative Instructions for Dental Implants**

These instructions should be read thoroughly and should be followed carefully starting immediately after implant placement. You **MUST NOT** drive, drink alcohol or use hazardous devices for at least 24 hours after sedation. If drowsiness or dizziness persists, do not drive. If you are using our prescription pain pills, the same restrictions apply.

#### **Gauze Packs**

Bite lightly on a thick wad of moist gauze for the first 2 hours after your surgery. The gauze should be exactly over the surgical site. Remove the gauze to eat and drink, but replace immediately.

#### **Ice Packs**

Keep ice packs on the face in the surgical area 15 minutes on and 15 minutes off. **USE ICE ONLY ON THE DAY OF THE SURGERY.** Any longer use may impair and delay healing. Bags of frozen vegetables are usually very helpful. Start using the ice as soon as you get home even though there may be no swelling yet. Ice is not necessary during sleep.

#### **Medications**

Start taking your medication as soon as you get home. Do not delay starting them. Your medications will include an antibiotic and pain medication. Even though you do not have any pain when you get home, start taking your pain medication. Take your pain medication with food or drink, not on an empty stomach. If you take other medication, you may resume them.

#### **Diet**

On your arrival home, you may have a soft diet. For the first day, we recommend nothing too hot or too cold. Make sure you rinse after eating **STARTING ON THE DAY AFTER SURGERY.** If you have an immediate implant, you must not chew on that side for

at least three months. Primary chewing, especially with something hard, can cause loss of the implant. There is no problem with food getting in contact with the implant.

### **Hygiene**

Start rinsing the first day after surgery. This should be done with salt water; i.e.: ½ teaspoon of salt to a glass of lukewarm water. Do this at least 8 to 10 times a day. Remember to rinse especially well after eating. Please do not use any commercial mouthwashes. You must start brushing over the implant site or temporary implant post with a soft tooth brush on the day after surgery (i.e. Implant insertion date). You may have some slight bleeding, suture loss and some pain. This should not stop you from brushing.

### **Bleeding**

Bleeding after surgery is normal, but blood should not quickly fill your mouth. Bleeding is controlled by biting continuously on gauze for about one hour. If you feel that bleeding is not controlled, please call Dr. Strauss.

### **Dentures**

DO NOT PUT YOUR DENTURES BACK INTO YOUR MOUTH UNDER ANY CIRCUMSTANCES. Dr. Strauss will let you know when you can start wearing your dentures.

### **Post-Operative Visits**

Please make an appointment for a post-operative visit before you leave the office on your surgical date. Dr. Strauss usually sees implant patients one to three days post-operatively and then one week later.

### **Expectations**

If you have received one to three implants, generally you can return to work about three days after surgery and the swelling will be mild to moderate. If you have received more implants, you will likely need five to seven days off work and swelling and bruising will be moderate. You may have some slight tingling or numbness in the lower lips if implants were placed in the lower jaws. Please let Dr. Strauss know about this on your first post-operative visit. Pain is usually mild to moderate and can normally be controlled by the medications prescribed. Should you have any unusual symptoms or problems, please call Dr. Strauss at 416-488-4225 or call him directly at 416-402-6200.