

POST IMPLANT SURGERY INSTRUCTIONS

1. Swelling can be somewhat controlled by the utilization of ice packs. Apply ice wrapped in a towel alternately, 10 minutes on, 10 minutes off, for 2 or more hours, if possible. Motrin, NuPrin, or Advil , 600 mg. Three times a day for three days as well should be taken to help keep any swelling that may occur in check. This medication can also be used for minor discomfort after the surgery.
2. Bite on the gauze for 40 minutes, and then replace with fresh gauze for another forty minutes if you left the office with gauze in your mouth. Sometimes we do not place gauze in your mouth. If bleeding starts again after the surgery, it can be controlled by placing gauze over the area and biting on the gauze with some pressure and leaving the gauze there for forty minutes providing that it stops the bleeding. If the bleeding does not stop, wet a tea bag and place it in the gauze and bite on the gauze again. Phone the doctor at this occurrence.
3. Do not rinse or smoke for 24 hours. The healing of the area is aided by this action. After 24hrs., rinse mouth with warm salt water made by placing one (1) teaspoon of salt in 8 ounces of warm water. Keep this area clean. Continue rinsing daily until area is comfortable. **DO NOT RINSE VIGOROUSLY.**
4. Avoid heavy work or activity for 24 hrs. following surgery. Do not eat or drink for two hours after surgery, then maintain adequate rest and nourishment.
5. You may have sutures placed that will be black or white. Please leave them alone, and brush gently around the area until you return for the suture removal appointment.
6. For postoperative comfort, take pill as per instructions on the prescription given to you. Heavy discomfort is usually taken care of with Mepergan Fortis or Vicodin in this office. Use this medication accordingly. Continue vitamins and minerals per prior instruction.