



Instruction Prior to Implant Surgery

- Do not take Aspirin or any other product containing Aspirin 7 days prior to surgery.
- Do not drink alcoholic beverages for 1 day prior to surgery
- Do not drink caffeinated beverages the day of the surgery
- Do not wear make-up (foundation or lipstick)
- Do wear comfortable, loose fitting clothing
- Do eat a meal before arriving to the office
- Do take pre surgical prescribed medication

Instruction After Implant Surgery

- Do use ice on your face (20 minutes on / 10 minutes off) for a total of 24 hours
- Do drink ice water for the first 24 hours
- Do eat yogurt and ice cream for the first 24 hours
- Do eat soft foods for 1 week (chewing away from the surgical area)
- Do sleep with your head elevated for two nights following surgery
- Do rinse gently with water after each meal to cleanse the surgical wound
- Do not drink hot liquids for 24 hours following surgery
- Do not brush the area of the surgery for 1 week or until instructed to do so
- Do not smoke for two weeks following surgery
- Do not drink alcohol for one week following surgery
- Do not use toothpaste until sutures are removed
- Do not exercise for three days following surgery (aerobic activity)
- Do not wear removable dentures until specified (wearing dentures too early will jeopardize healing)
- Do not spit
- Do not use straws

Bleeding

- In some cases medications will be prescribed
- Mouthwash (Chlorhexidine) should be used twice a day for 30 seconds, after breakfast and before bedtime
- Use prescribed medications as directed
- If you have mild discomfort take non-prescription medications that do not contain aspirin, such as Tylenol or Advil

Swelling

- Cold pack for first 48 hours
- If swelling is going to occur, it will peak at 48-72 hours following the surgery
- If you are swollen after the first 48 hours heat may be used on the area
- A moist heated towel or a hot water bottle may be used on the area of swelling for 48 hours
- In some cases bruising, or restricted jaw movement may occur. Heat after the first 48 hours will help reduce these symptoms

Sutures

- Sutures will be present in your mouth following the surgery
- Avoid the area of these sutures
- These will be removed in approximately 7-14 days following the surgery

Medications

- In some cases medications will be prescribed
- Mouthwash (Chlorhexidine) should be used twice a day for 30 seconds, after breakfast and before bedtime
- Use prescribed medications as directed
- If you have mild discomfort take non-prescription medications that do not contain aspirin, such as Tylenol or Advil