



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

- You may see some bleeding following the surgery. If this occurs, it may be stopped by gently biting on gauze soaked in cold water. If the bleeding is not controlled by this method, please contact our office.

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