



IMPLANT POSTOPERATIVE INSTRUCTIONS

*Please read the following instructions carefully.
They will help you to heal quickly & prevent complications.*

Activity: Reduce your activity immediately after surgery, but resume as soon as you feel back to normal. Most patients can resume high impact activity within 2-3 days post surgery.

Healing: To ensure a successful result, implants require 2-3 months for bone to grow strong against the implant surface. During this critical time, it is important that the implant is not moved, wiggled, pressed on, or chewed on. (Healing principles are similar to a broken leg requiring the stabilization of a cast.) Avoid chewing over the implants. Avoid clenching, which may flex the jaw bone away from an implant.

Temporary Replacement Teeth: Wear your provisional as directed. Avoid putting pressure on the implant. Remove yours provisional frequently in order to clean away plaque and food debris. Acrylic provisionals may be soaked weekly for 10 minutes in distilled white vinegar to dissolve calcium deposits.

Cleaning the mouth: Surgical areas should be brushed gently at first, using the **ultra soft brush** provided. More aggressive brushing can resume in 10-14 days after surgery. If you were given a prescription mouth rinse, use a cotton swab to wipe the implant and surrounding areas. **Avoid** peroxide and over the counter mouth rinses during the first 2 weeks, they may dissolve blood clots and rinse away bone graft material. Brush and floss normally all areas not involved in surgery.

Discomfort: Following all types of surgery you can expect some discomfort. Over the counter **anti-inflammatories** like Advil, Motrin, Ibuprofen, and Aleve tend to work the best and can be taken in conjunction with prescribed pain medication. Consider taking pain medication with milk or other food to help prevent nausea. If **nausea** develops, reduce or eliminate the pain medication and try to eat a small portion of mild food such as yogurt.

Fever beginning the second or third day after surgery may indicate infection. Call the office immediately for instructions @ 760-944-7844.

Swelling: Although uncommon, some individuals experience swelling and bruising that may last 5-10 days. To minimize your risk of swelling immediately after surgery, apply the **ice pack** to your face, 15 minutes on and 15 minutes off for 2 hours. **Cold packs** are most beneficial during the first 24 hours after surgery.

Numbness: Local anesthetic wears off in 1-4 hours. **Numbness** or tingling around the lower lip that occurs beyond 12 hours should be reported to Dr. Roberts immediately.

Bleeding: There will often be a small amount of bleeding after surgery. The cold water and/or ice pack will minimize bleeding. Avoid smoking, spitting, vigorous rinsing, or sucking actions. Also avoid alcohol or peroxide mouth washes, they dissolve blood clots.

Eating: Eat only cold or room temperature soft foods the day of surgery. After the first day, eat whatever is comfortable; stay on a soft, but balanced diet. Avoid hard or chewy foods, especially popcorn. **Recommended supplements:** Vitamins C, B complex, & E, Coenzyme Q10, and Calcium.

Antibiotics: Take antibiotics as directed until they are ALL GONE. If you have an adverse reaction such as itching, nausea, or excessive diarrhea, discontinue the antibiotics and call the office.

Smoking retards wound healing and reduces bone formation in the extraction socket. Avoid smoking for at least 6 weeks. If quitting is out of the question, limit yourself to less than ½ pack per day.

Telephone: Office (760) 944-7844 or Dr. Robert's Cell Phone (760) 815-7386