



730 - 91 Street SW  
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## Implant Post-Operative Instructions

\*The information given here is to be used as a guide only.  
Please contact us if you have any post-operative concerns.

### Pain and Infection:

- Take Ibuprofen 600mg every 6 hours for the first 24 hours to manage pain and swelling.
- If prescribed antibiotics, take them as directed and complete the full course. Stop if you have an allergic reaction and inform our office.
- Use Tylenol 3 as needed, but avoid driving or operating machinery afterward. If constipated from this medication, take a mild laxative.
- Report any suspected infection to our office for evaluation.

### Diet:

- Avoid hot foods on the day of treatment. Stick to soft, cool foods the first day and continue with a soft diet for the following days while keeping food away from the surgical area.
- Drink plenty of fluids (up to 2 liters per day), but don't use a straw for the first 48 hours.

### Oral Care:

- Avoid brushing and flossing the surgical site for 2 weeks. Afterward, gently brush the area with an extra soft toothbrush.
- Start using the prescribed Chlorhexidine rinse the day after surgery. Wait 30 minutes after brushing to use the rinse.
- Rinse your mouth with warm saltwater (a teaspoon of salt in a cup of warm water) at least 4-5 times a day, especially after meals.

### Smoking:

- Do not smoke or vape for at least 2 months following the procedure.

### Bleeding:

- For the first 24 hours, avoid rinsing your mouth and spitting to prevent bleeding and delay healing.
- Gently wipe away any bleeding if needed; avoid spitting out blood.
- Apply moistened gauze over the surgery site and bite down with enough pressure for 1-2 hours. Keep your head raised. Repeat if bleeding continues.
- If oozing persists for more than 3 days, contact our office.



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### Swelling:

- Swelling and bruising are normal and usually subside within 5-7 days.
- Use an ice pack for the first 24-48 hours (10 minutes on, 10 minutes off) to reduce swelling.
- After 48 hours, switch to a warm compress for 20 minutes every hour.

### Jaw Tightness:

- Expect difficulty opening your mouth and jaw tightness for several weeks.
- Practice jaw exercises after 2 days to improve mobility. Eat normally to regain full jaw movement.

### Numbness:

- Partial or complete numbness should go away within a few hours after the procedure.
- If numbness persists after 24 hours, contact our office.

### Dry Socket after tooth extraction:

- A dry socket may occur 5-7 days after a tooth extraction. Contact us if you experience throbbing pain radiating to the ear.

### Rest:

- Get plenty of rest after surgery and avoid physical exercise for the first 3 days.

### Appliance:

- Follow the doctor's instructions for wearing dentures or temporary prosthesis. It should not touch the gums in the surgical area.
- If concerned about the fit, wait for evaluation before wearing it.

### Sinus Lift:

- Avoid blowing your nose for the next 4 weeks. Sniffing is okay but avoid forceful blowing.
- If you need to sneeze, do it with your mouth open.
- Avoid activities that increase nasal or oral pressure such as air travel, for at least 4 weeks.
- Contact our office if you feel air flowing through the surgical site.

If you have any questions or concerns during office hours, please call our office at **(780) 540-5266**.

For life-threatening emergencies, please go to the emergency room immediately