



## CHAIRSIDE IMPLANT SERVICES

*We Come To You...Chairside!*

631-581-5121

### **POST-OP INSTRUCTIONS FOR IMPLANT PLACEMENT**

- Continue the antibiotic, taking 1 tablet every 8 hours until finished
- Bite on the cotton gauze for 30 minutes. Change the gauze every 10 minutes during this time. This is intended to stop the bleeding. If the bleeding persists, bite firmly on the gauze for an additional 30-60 minutes, changing it every 10 minutes during this time. A tea bag should be substituted for the gauze if bleeding persists.
- Place an ice pack on the outside of your cheek/chin, adjacent to the surgical site for 1-2 hours following the surgery. This will minimize the swelling.
- Restrain from physical activity for 24-48 hours following the surgery.
- If your implant was placed near your sinus, do not blow your nose, restrain from heavy lifting, bending, physical activity and sleep with your head elevated for 48-72 hours.
- No smoking, spitting or rinsing for 24 hours following the surgery. These activities will disrupt the healing process. The success rate of dental implants is reduced in smokers
- Once 24 hours has elapsed, rinse with warm water and salt (approx 1 teaspoon salt per 8 oz warm water. Do this as often as you can (4-6 times a day) for the next 2 weeks.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times per day (preferably in the morning after breakfast and then at night just before bedtime)
- You can brush your teeth normally, just use caution when you are next to the surgical site. If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing. Proper oral hygiene will prevent complications.
- Dentures, transitional or removable temporaries may not to be worn for 7-14 days following implant placement. The pressure of these appliances can cause micro-motion of the implant and will lead to failure. After 7-14 days, these appliances should be worn as less as possible and should certainly not be worn while sleeping.
- For single implants, chew on the opposite side for 30 days. For multiple implants, follow a soft but nutritious diet until you are examined again. Avoid hard and crusty foods. Avoid foods with seeds.
- Do not play with or try to remove the stitches. They will be removed in 7-10 days, in the office.
- Bruising of your cheek or chin is a possibility after implant placement. It is not an indication of something gone wrong. It will resolve itself without treatment
- Any complications, call us immediately.