



### Post Operative Instructions- Implant

- Bite firmly on the **gauze** packs that have been placed over the surgical areas. Replace the gauze every 30-40 minutes until oozing stops.
- To minimize swelling, **ice packs** may be applied every 20-30 minute, while awake, for the first 24 hours after surgery.
- Make sure that you take your first **pain pill** prior to the anesthetic wearing off. The pain medicine can cause nausea, so it is important to eat prior to taking the pain medication.
- Take your **antibiotic** until finished. Continue using the **Peridex** mouth rinse starting the day after surgery, twice daily for one more week. **Do not use any other mouthwash or hydrogen peroxide- these agents are harmful to the healing process.**
- Start **salt water mouth rinses** the following day. Gently rinse 3-4 times a day with 1 teaspoon of salt in a glass of water.
- Eat soft, cold foods for the first day or until the anesthetic wears off. **Do not use a straw or rinse** vigorously for the first week.
- **Do not smoke or drink alcohol** for at least one week. This is very detrimental to healing.
- **Do not probe the area with any object.** You may brush gently. Do not use an electric toothbrush or water-pick around the implant. If a healing cylinder is placed (a small metal post that is showing through the gum area) you may brush it gently like a normal tooth.
- **Do not chew on the implant for the healing time of 3-4 months.** Chewing should be done on the opposite side. If multiple implants are placed, use caution on all sites.