



## DENTAL IMPLANT POST OPERATIVE INSTRUCTIONS

**After implants have been placed, it's important to follow these instructions to ensure the long-term success of the implant.**

### **GUIDELINES TO FOLLOW:**

- ✓ To control minor bleeding, apply moderate pressure when biting down on cotton gauze pads.
- ✓ Limit yourself to calm activities for the 3 days to keep your blood pressure stable and reduce any bleeding.
- ✓ NO tobacco use for at least 48 hours. Tobacco slows the healing and increases the risk that your body will reject the implant leading to implant failure.

### **CHEWING AND EATING:**

- ✓ Avoid chewing until the numbness has worn off.
- ✓ Eat soft, nutritious foods for the first 24 hours.
- ✓ Avoid hot and spicy foods for the first 24 hours.

### **BRUSHING AND FLOSSING:**

- ✓ Brush the implant area gently with an extra soft toothbrush, brush all other teeth normally.
- ✓ If we have recommended a mouth rinse, use as directed.

### **MEDICATION AND DISCOMFORT:**

- ✓ If antibiotics or other medicines are prescribed, continue to take them as directed, even if all symptoms or discomfort are gone.
- ✓ To control discomfort, take pain medication before the anesthetic wears off. It is normal to have some discomfort for several days after the procedure.
- ✓ To reduce discomfort after the first 24 hours, you can rinse with warm salt water gently three times a day.

If you experience significant discomfort or any other concern, please do not hesitate to contact our office at (614) 775 – 0840. An afterhours number is available on our office voicemail should you need it.