



# MODERN DENTAL

## IMPLANT SOLUTIONS™

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### **Post Operative Instructions for Dental Implant Surgery**

**Do not disturb the wound.** Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue.

#### **Bleeding**

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call for further instructions.

#### **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek of the area of surgery. Apply the ice ten minutes on and ten minutes off, as much as possible, for the first 24 hours.

#### **Diet**

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

#### **Pain**

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.

#### **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection, until complete.

#### **Activity and Smoking**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise. Absolutely no smoking.

#### **Wearing your Prosthesis**

Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days. This was discussed in the pre-operative consultation. PLEASE CONFIRM WITH DENTIST OR DENTAL ASSISTANT, AS THIS MAY VARY BY PATIENT.

Any questions or emergencies during regular office hours please call the Main Office (973) 821-0030 or email [frances@mdis.com](mailto:frances@mdis.com)

**After hours please call the emergency number**

**If this is a medical emergency call 911.**