

IMPLANT POST-OPERATIVE CARE

Activity:

After leaving the office today, we suggest that you relax and limit your activity. You may resume normal activities, including work or school, the day after your procedure. Heavy lifting and extreme exercise should be avoided for a few days.

Discomfort:

**See the Pain Management section of the Recovery Instructions brochure for more information.*

Take pain medication as prescribed. Generally, 400-600 mg Ibuprofen (Advil or Motrin) every six hours is recommended for post-operative soreness. You may also use 500-1000 mg Acetaminophen (Tylenol) every six hours.

Bone Grafting:

In the case of a bone graft, you may notice some of the bone particulates working their way out of the socket. This may feel "gritty" in the mouth. This is normal and no cause for concern. In some cases, a membrane placed over the socket will come loose after a couple of weeks; this also is of no concern. We will remove the membrane as needed at your follow up appointment.

Oral Hygiene:

Good oral hygiene is extremely important following implant placement. You may resume brushing and flossing the evening of your procedure. Be careful to avoid brushing the surgical sites for two weeks. Use the Peridex oral rinse twice daily to keep the implant site clean and healthy. After two weeks, you may resume brushing the implant as you would your normal teeth. Avoid smoking.

Diet:

You should resume eating and drinking right away. Follow a soft diet to start, but advance as tolerated.

Be careful to avoid biting or chewing directly on the implant for the first two months. This is extremely important especially if there is a healing cap peeking out of the tissue. Pressure on the implant during the first few months after surgery is the number one cause of implant failure.