



DENTAL HOUSE
DENTAL EXCELLENCE COMPASSIONATE CARE

A Dental Office of Janak B. Patel, D.D.S.

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Post-Operative Instructions For Dental Implants

1. Do not smoke for at least 48 hours.
2. Do not drink alcoholic beverages for 48 hours or while taking any prescribed narcotic medication.
3. Do not rinse your mouth with a "swishing action". Rinse passively by rolling your head from side to side.
4. Do not spit! Simply let the fluid drop from your mouth into a sink and then wipe your mouth dry.
5. Do not suck on anything. (i.e., straws).
6. Remove gauze pack one hour after surgery.
7. Your saliva will be the color of blood or about 24 hours. This is normal.

Bleeding

Some oozing of blood is normal for the first 12-24 hours. If bleeding continues, place a moist tea bag over the wound and bite to hold pressure for 30 minutes. Call Dr. Patel if bleeding persists.

Pain

To avoid pain, follow the instructions for swelling. In case of pain, take the prescribed medication as directed. Do not take more than directed. Should the pain continue, you may take three (3) Extra-Strength Tylenol or three (3) Advil or two (2) Aleve every four hours as needed. Do not place any medication directly on any area of the mouth. Do not take any of these medications if you are allergic to them.

Swelling

To minimize any swelling that may occur, apply ice packs to the side of the face nearest to the surgery site in 10 minutes intervals (10 minutes on and 10 minutes off), for the first 24 hours following the surgery. After the first 24 hours, apply warm moist heat.

Diet

Drink plenty of water and fruit juices (i.e. approximately 1 gallon every 24 hours). It may be uncomfortable to eat, but healing will be much quicker as you return to your normal chewing patterns. If you find it difficult to eat normally during the first few hours, a high protein drink such as **Carnation Instant Breakfast or Ensure** will help provide your body the nutrients necessary for proper healing.

Oral Hygiene

Brush and floss your other teeth as normal. In the area of surgery, you must be gentle; but, it is essential that you keep that area as clean as possible. You may use a moist cotton swab to clean the surgical area if approved by the doctor.

Thank you for allowing us to serve your dental needs and we wish you a speedy recovery. If you have any concerns or questions, please contact us at 704-216-9153.