



### **Implant Post-Operative Instructions**

**Pain:**  
You should begin taking pain medication before you feel the local anesthetic wearing off. For mild to moderate pain, ibuprofen (Advil® or Motrin®) may be taken. Ibuprofen bought over the counter comes in 200mg tablets: 3 tablets (600 mg) should be taken every 6 hours as needed for pain. For severe pain, the prescribed pain medication should be taken as directed with food. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to do so. Expect some swelling, expect some bruising. Ice applied to the area for 20 minutes on and then 20 minutes off for the first 48 hours is the most efficient way to minimize this.

**Stitches:**  
Sutures will dissolve in 5 to 7 days unless it is stated otherwise and removal is necessary. We know that you are eager to see the surgery that has been performed. However, please do not forcefully pull your lips or cheeks away to inspect the surgical site. This action could tear your sutures or delay healing.

**Diet:**  
Drink plenty of fluids immediately following surgery. Return to a normal diet as soon as possible following surgery, with the exception of hard foods. It is very important that you maintain a healthy nutritional diet for your body to heal appropriately. The healing of your implants is contingent upon them not moving. Chewing anything hard such as ice, hard candy, or other very hard, chewy, or tough foods can cause an implant to move and fail or your temporary prosthetic to break. Absolutely no chewing gum! Remember, if you can hear it crunching when you chew, or if you can't cut it with a plastic fork, it's too hard! In rare instances, the acrylic temporary denture will break or become loose. If this happens or if your bite feels significantly off call our office immediately. Here are some foods we recommend: Yogurt, Oatmeal or Cream of Wheat, Ice Cream/Milk Shake, Soft Boiled or Scrambled Eggs, Broiled Fish or Stewed Chicken, Applesauce, Jell-O, Pudding, Cottage Cheese, Potatoes, Baked or Mashed, Soups, Peas, Asparagus, Cooked Carrots (or any soft-cooked vegetables).

**Antibiotics:**  
Be sure to take your prescribed antibiotics as directed to help prevent infection.

**Oral Hygiene:**  
Good oral hygiene is essential to healing. Beginning the day after surgery, the prescription mouth rinse should be used 2 times per day until completed.

**Flippers or Dentures:**  
If you currently wear a full or partial denture or a single-tooth prosthesis (called a "flipper"), you may wear your appliance immediately after the implant surgery, unless your oral surgeon instructs you otherwise. Your appliance should be left in for the first 24 hours to help contour the gum underneath and minimize swelling. On the day following surgery, your appliance may be removed for cleaning purposes (rinsing and brushing), but should not be left out for a long period of time. Three days after surgery, your appliance may be left out for a period of time and at night. If your gums are excessively sore or you feel unusual pressure from your appliance, you should not wear it until you have seen your dentist or surgeon and have it modified or relined.

**Smoking:**  
We always recommend that patients stop smoking completely at least 1 month before this surgery and to not start again until 4 weeks after the surgery. If you do choose to smoke after surgery please understand this can increase your risk for post-operative pain and complications and implant failure.

**Post-Op Visit:**  
We are concerned about your well-being. If you should experience any difficulty in breathing, bleeding that you feel is excessive, persistent nausea or vomiting, any pain that is unusual, please call us at any time. There is always a doctor on call to aid you in answering your questions or in providing you with emergency care. We will see you back for two visits after surgery. 1<sup>st</sup> visit will be to check healing of tissue and address any concerns. Final visit will be an integration check to test the stability of the implant. You will need to contact your general dentist to have the implant restored after the final check and they will start the process of making the crown or tooth. We would love to see your final results.

**Assistant** \_\_\_\_\_

**Doctor** \_\_\_\_\_

**Summit Oral Surgery 406-259-7438 -There is a 24-hour answering service after office hours that the on call doctor can be reached at.**