



Instructions Following Implants

1. Bleeding
 - a. Some bleeding is normal after the procedure. Bite on gauze pad for 15 minutes; use a fresh pad for an additional 15 minutes. Repeat if necessary. Make sure gauze pad is wet prior to placing on implant site.
 - b. Keep head elevated and rest.
 - c. Some oozing of blood and discoloration of saliva is to be expected.
2. Pain
 - a. Some discomfort may be experienced following the implant procedure. If needed, take prescribed tablets for pain. Prescription meds often induce drowsiness. We, therefore, do not want you to drink alcohol, drive, or operate any power equipment while under the influence of these agents.
 - b. The recommended pain medication would be *Ibuprofen (600 mg) every 4 – 6 hours or as needed.*
3. Diet
 - a. Liquids and soft foods only.
 - b. Drink lots of fluids. **DO NOT USE A STRAW.**
 - c. Avoid very hot, cold, or spicy foods.
4. Swelling
 - a. Some swelling may be noticed. Do not be alarmed by this normal reaction. Apply an ice pack to affected area for 10 minutes intervals. Remove for 10 minutes. Repeat until swelling is relieved.
5. Sutures
 - a. If sutures were placed, we will set up an appointment to have them removed within the next 7-10 business days.
6. Avoid
 - a. Smoking
 - b. Rinsing of the mouth
 - c. Frequent spitting
 - d. Sucking through a straw.

Remember to call the office promptly if there is any severe pain, excessive bleeding or any unusual development.