



## **Patient Care Instructions for Dental Implants**

A part of making the dental implants surgery successful is to follow your doctor's orders during the post-operative care.

### **Medication**

After your dental implant has been placed, you will be given antibiotics as well as antibiotic oral rinse. Please follow all the specific instructions on how to use both the antibiotic and the oral rinse.

For discomfort after the surgery, you may also be given a painkiller. Additionally, you can decrease discomfort and swelling by taking ibuprofen (Advil, Motrin) 600 mg every four hours for one week following surgery.

### **Swelling**

Swelling can be controlled by applying an ice pack for about twenty minutes on and ten minutes off for the first six hours following surgery. You can continue applying an ice pack for as long as two days following surgery.

In order to minimize swelling and bleeding, you may want to keep your head elevated for the first twenty-four to forty-eight hours after the surgery. You have to make sure you relax as much as possible and avoid all strenuous activities for as long as three days following the dental implants surgery.

### **Diet**

Drink at least eight glasses of water or fruit juice every day and try to limit your diet to soft foods for the first couple days after surgery.

### **Oral Hygiene**

Do not use a water-pik or an electric toothbrush around the surgical site for 1 month after the procedure. For the first 7 days, do not brush the area of the surgery, use a wet q-tip soaked in chlorhexidine rinse and gently "brush" the tooth/teeth around the gum line. Please brush normally in all other areas of the mouth. Do not floss around the tooth worked on for 1 week.

### **Follow up care**

Once your jaw bone grows around the titanium posts (6 to 15 weeks), you will need to return for the restorative part of implant procedure, the abutment and crown. After this phase of the process, the implant is complete and is safe to chew on.

**\*Please call the office at 373-0018 if you have any questions, or need more information\***