



Post-Op Instructions **Implant/Implant with graft**

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing.

Follow these post-op instructions to achieve optimum results.

1. Absolutely no activity for 24 hours and only light activity in the week to follow. Heavy activity will increase blood flow, which can lead to bleeding and swelling.
2. **ICE:** Alternate every 15 minutes with the ice pack (15min. on/ 15 min off). This will accelerate your healing and minimize swelling or bruising.
3. **Ibuprofen:** Continue to take 600mg of Ibuprofen every 4-6 hours for the next 3-5 days. If you are not hurting, it is because the medicine is working so keep taking it.
4. Sleep with your head elevated at night. This will also help to minimize any swelling.
5. **FOOD:** Only soft for the first day. Nothing hot for the first 24 hours. Yes I'm sorry but you need to eat your soup and drink your coffee at room temp. ☺
6. **HYGIENE:** Gently brush the area with a soft toothbrush. Cleanse the area with the Peridex mouthwash using a q-tip to gently wipe the tissue and around the implant.
7. **ANTIBIOTICS:** Take your antibiotics until they are completely finished.
8. **SUTURES:** Your sutures (will / will not dissolve). They will be in place for at least 7-10 days so try not to play with them with your tongue. The sutures will dissolve/be removed when the tissue is stable. It is not uncommon for sutures to dissolve or come loose earlier than expected.
9. In the next 3-6 months your implant will be integrating with your bone and become stable. Avoid any excess pressure to the area during this time, especially if a graft of any kind was placed at the same time. If you are wearing a temporary flipper, only wear it when it is absolutely necessary as this places additional pressure on your bone graft.
10. **EMERGENCY:** Should you have any problems with bleeding, swelling, or pain please call 469-371-0763. For routine matters please call the office at 972-272-6543