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Instructions for patients following Implant placement

DO NOT:

1. DO NOT rinse, spit or brush teeth for 24 hours after surgery
2. DO NOT use a sonic care tooth brush or anything that has vibration to the site until a crown is placed - will cause movement to implant.
3. DO NOT smoke for 48 hours after surgery
4. DO NOT drink alcohol for 48 hours after surgery
5. DO NOT eat or drink hot temperature food for 24 hours
6. DO NOT eat spicy or acidic foods for seven days after surgery
7. DO NOT exercise vigorously for 3 – 4 days after surgery
8. If there is no bleeding, you DO NOT need to apply the gauze

BLEEDING:

1. Placing Gauze: During the day if you are awake and alert, use the 2x2's provided for you folded in quarters and placed at the surgical site(s). When sleeping during the day, replace the 2x2's with the 4x4's, folding one end and allowing the excess to hang out of your mouth to prevent accidental swallowing of the gauze. Never sleep overnight with the gauze in your mouth.
2. Bite with continuous pressure over the implant site with a moist, folded gauze until gauze becomes saturated.
3. Change the gauze every hour until bleeding stops.
4. Remember, it is common to have slight oozing for the first day after surgery. Pressure from biting on gauze almost always helps.
5. Discontinue the gauze after bleeding has stopped.
6. You may have sutures; they will dissolve on their own with-in 7-10 days.

DISCOMFORT:

1. The local anesthesia (numbing medicine) administered during your surgery normally has a 4–6-hour duration, although some types of anesthesia can last up to 12 hours. You may have some discomfort once the anesthetic wears off. Therefore, supplemental medication for comfort is usually necessary. Take the prescribed medication as soon as you get home after your surgery.
2. Take the prescribed Antibiotic pills as directed on the bottle. It is extremely important to make sure you finish out the prescription. Discontinue antibiotics if any of the following symptoms occur: stomach upset or development of any rashes, please report this immediately.

SWELLING & BRUISING:

1. It is extremely important to apply ice packs 30 minutes on and 30 minutes off the cheeks until bedtime to decrease the inflammation and minimize swelling. We recommend a zip lock bag of crushed ice or a bag of frozen peas.

2. Following your implant placement, you will need to keep your head wrap in place for the first 24 hours if given one. Sleep with your head elevated with pillows for two days following surgery. This will help reduce swelling and the appearance of bruises.
3. Remember, swelling and bruising is very common after surgery. It will reach its maximum at 72 hours post-surgery and will gradually resolve over the week. Everyone heals at a different rate. Some will swell more or less than others.
4. Keep lips moist with cream or Vaseline to prevent cracking or chapping.

DIET:

1. If you have had general anesthesia, please refer to the general anesthesia sheet for more details.
2. We recommend cold foods (such as Shakes/Pudding/Ice cream/Jell-O) for the first 24 hours after surgery.
3. After your surgery, maintain a soft diet for one week. For example: soup, scrambled eggs, mashed potatoes, soft chicken or fish. At your follow up appointment, we will give you further instructions.
4. Avoid crunchy and chewy foods, like popcorn, nuts, sunflower seeds, rice, or taffy for 4-6 weeks after surgery to allow enough time for the area to completely heal.
5. If you are a diabetic, maintain your normal diet as much as possible and follow your doctor's instructions regarding your insulin schedule.

ORAL HYGIENE CARE:

1. Brush your teeth gently, carefully avoiding the surgical sites, beginning the day after surgery.
2. If you have a sonic care tooth brush - please avoid implant site directly as it will cause movement of implant. Please use soft tooth brush on implant site until crown is placed 3-4 months after.
3. Beginning the day **after** surgery, start rinsing your mouth with salt-water rinses (1 tsp salt in one quart of water) after every meal.
4. It is extremely important to keep your mouth clean, beginning the 2nd day after surgery, continuing for one week, since an accumulation of food or debris may promote inflammation/infection.

If you have had immediate provisionalization, a temporary tooth attached to the implant site the same day, please remember that this is a "party tooth" and mainly used for esthetics. You must maintain a soft diet for the full integration time of the implant(s). Implants require a 3-6-month integration period and it is important that they not be disturbed during this time.

If you have any questions about your recovery or the above recommendations, please call our office at **(925)934-7888**. During business hours, a member of our team will be happy to assist you. If this is a life-threatening emergency, please call 911. After hours, you may call our office and follow the prompts to get in contact with Dr. Alijanian. You may also log on to our web site www.DrAlijanian.com for further instructions.

*Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."*