Implant PO instructions

Regardless of the type and nature of your dental implant procedure it is important that you follow some simple instructions:

1. Don’t put any movement or forces on the implant. This means DON’T chew on the implant or on the temporary crown if one was placed. A temporary crown immediately placed at the time of implant placement is ONLY TO SMILE with, NOT to CHEW ON!!
2. Some implants may have been placed entirely under the gums or have just a ‘cuff’ of the implant at the gum line for the initial healing period. Minimize chewing forces from a denture that would cover this site or implant cuff. If you are wearing or provided with an ‘interim’ denture it will be relieved to minimize pressure. Depending upon the healing time your situation needs, this reline material may become hardened over time and need to be replaced. Stay on schedule with your recommended post op appointments until your treatment is completed. If it is obvious the reline material has hardened, call the office and let us know.
3. Keep your entire mouth and the implant site clean. Clean and brush your teeth as you normally would. For the implant, wet a soft cotton swab w/ peroxide or some of the Tooth and Gum tonic and gently swab around the implant site. DON’T floss around the implant or immediately adjacent teeth yet! If you have a waterpik, or even better a hydrofloss, use this on the lowest setting to flush water horizontally through the teeth or around the implant. Don’t attempt to force water ‘up’ in to the gums or around the implant.
4. Take the prescribed pain pill as may be needed. If you prefer to avoid the use of narcotic pain pills a kit of Stella Life homeopathic pain relief will have been supplied. Use these 3 components (an under the tongue spray, a rinse, and a topical gel applied to the surgery site) a minimum of 3 times a day. It can be used more frequently without side effects.

You can also achieve near narcotic pain relief from taking 3 x 200mg Advil/Ibuprofen tablets at a time, four hours later take 2 Extra Strength Tylenol, then the next four hours go back to the 3 Advil and continue this sequence of alternating pattern between 3 advil and 2 ES tylenol. After 24-48 hrs. you can lengthen from 4 hour intervals to 6 or 8 as your discomfort lessens.

1. Especially, if you have had teeth removed at the time of implant placements be sure to keep ICE applied to the cheek or lip area opposite where the implant was placed. Keep ice on 20-30 minutes at a time for 48 hours. Don’t allow this to interrupt your needed sleep! This will minimize pain, swelling and bruising.
2. Don’t use alcohol mouth rinses. Ie. Listerine, scope, etc. Use the Tooth and Gum tonic rinse or what is provided in the Stella Life kit to keep the area/mouth clean. The Stella life rinse is antimicrobial and healing/soothing to the gums.
3. If you’ve had multiple implants placed, grafting done, and/or sutures placed it will require more careful attention to keep the area clean and undisturbed from chewing or wearing an interim denture or prosthesis.

You will be appointment back in 7-14 days for the sutures to be removed. Minimize your tongues affinity to feel the sutures or possibly disturb the healing.

1. If you have had a sinus graft done at the time of implant placement it is crucial that you don’t catch a cold or sinus infection. Take as much Vitamin C around the clock as you can ‘tolerate’. Ie. Bowel tolerance.
   1. Also sleep with your head elevated the first 4 nights
   2. DO NOT SNEEZE. Or at least sneeze with your mouth open.
   3. Don’t blow your nose, gently wipe your nose as needed.
   4. You may have some bleeding from your nose. Call the office if this persists over 48 hrs.
   5. If a sinus graft or ‘lift’ was done to allow your implant placement, it is best not to fly for one week if possible. Ask Dr. Reese about your specific situation if you have travel plans.
2. If after two days you have unordinary pain, swelling or tenderness that is worsening, please call the office. We may find it necessary to examine the conditions ourselves.
3. We often recommend a package of vitamin and mineral supplements to take before, during and after the implant surgery. If this has been subscribed, take 4 ‘morning’ capsules in the morning, and the 4 ‘evening’ capsules at night until this 6 week supply is gone.
4. Diet suggestions that require a minimum of chewing: Ensure, Instant breakfast drinks, smoothies w/ fruits, yogurt, and protein supplements. Custards and puddings, soups and broths served warm, not hot until after the first 24 hours. Dairy products such as eggs and yogurt.
5. Infection: If you had a preexisting infected tooth, Dr. Reese may prefer to have you on an antibiotic before, during, and slightly after the extraction and implant. This is specific to your circumstances. Antibiotics are not always required. Ozone gas and water is always used during this procedure to minimize infection as does a Vitamin C intravenous supplement.

Should you develop any swelling or tenderness following the implant placement and/or extraction call our office for further instructions.

It is expected that your implant provides you with years of comfortable and trouble-free chewing and smiling. It all begins with following some early limitations and restrictions to all things to heal and integrate well into the jaw bone! Please follow these instructions, especially AVOID CHEWING in the vicinity of your implant(s)!!