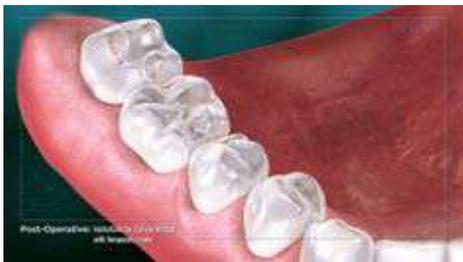




## Post-Operative Instructions for a Single Implant with Temporary Crown



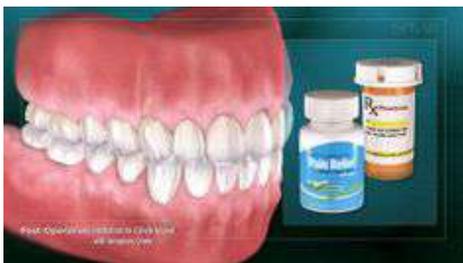
After your dental implant and temporary crown are placed, it is important to follow these care instructions to promote proper healing and protect your restoration.



Immediately after your procedure, it's important to listen and adhere to your doctor's recovery instructions for the type of anesthetic used.



For minor bleeding, rinse carefully with cool water. Do not rinse vigorously as this could prolong bleeding.



For the first 24 to 48 hours, avoid excessive chewing, spitting, rinsing and physical activity. You can take an over-the-counter pain reliever, like Ibuprofen, or a prescribed medication to help with any discomfort.



Be sure to drink lots of water, but don't use a straw for at least 48 hours after the procedure, as suction could cause bleeding to occur.



Also, don't smoke for at least a week, as this can also cause bleeding and hinder healing.



Swelling around the mouth, cheeks, eyes, and side of the face is common and may peak two or three days after surgery.



Ice packs can be used to help with swelling and after 24 hours you can rinse with warm salt water three times per day to reduce pain and swelling.



Propping up your head with pillows when lying down will aid both swelling and bleeding.



For the next seven to ten days, you should eat soft foods that require minimal chewing and drink plenty of cool fluids.



Then you can resume a normal diet, but avoid chewing on the implant site, until your permanent crown is attached.



Resume normal gentle brushing as soon as you are able, being sure not to irritate the surgical site. Consult with your doctor to determine which type of toothbrush is the best for you to use. Additional brushes may be recommended that help clean the hard to reach areas around the implant.



Use floss or an interdental brush to clean in between neighboring teeth.



If your bite feels uneven, or if you experience persistent pain or bleeding outside of the norm after your procedure, it is important to contact your doctor's office for assistance.