



FRANKLIN

DENTAL ————— ARTS

Post Op Instructions: Implant Placement

- It is normal to have some discomfort in the gums around the site of placement and site of injection after the anesthesia wears off.
- Do not rinse or spit for 24 hours after surgery.
- Keep your fingers and tongue away from the socket or surgical area.
- Use ice packs (or a bag of frozen peas) on the surgical area (side of face) for the first 48 hours; apply ice 15 minutes on and 15 minutes off.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications. It is recommended that you chew slowly and on the other side of your mouth.
- For severe pain, use the medication prescribed to you.
- Drink plenty of fluids.
 - **AVOID:**
 - Use of straw—this creates suction in the mouth that could cause complications.)
 - Smoking for at least 5 days after surgery.
 - Avoid strenuous activity and do not exercise for at least 3–4 days after surgery. After that, be careful: your regular caloric and fluid intake have been reduced, so you may get light-headed, dizzy, or weak.
- If the muscles of the jaw become stiff, the use of warm moist heat to the outside of your face over the spots that are stiff will relax these muscles.
- After the first post-operative day, use a warm salt water rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix ½ teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste.)
- Your diet should consist mainly of soft, easily swallowed foods and cool drinks. Avoid anything that might get stuck in your teeth, so no seeds, nuts, rice, popcorn, or similar foods.
- Take medications as prescribed and directed.
- If you experience excruciating pain, swelling or excess bleeding, please contact the office.
 - If you can take anti-inflammatory medication as well as Tylenol, you may try the following regimen:
 - 9:00am: 600mg Ibuprofen

- 12:00pm: 650mg Tylenol
- 3:00pm: 600mg Ibuprofen
- 6:00pm: 650mg Tylenol
- 9:00pm: 600mg Ibuprofen
- And continue as needed, alternating Ibuprofen and Regular Tylenol every 3 hours. If symptoms do not improve after a few days please call the office, if necessary.