

## **POST SURGICAL INSTRUCTIONS FOR DENTAL IMPLANTS**

### **1) GAUZE PRESSURE PACK**

Immediately following the procedure, Dr. Liu will give you a gauze pressure pack. **If there is any bleeding**, please bite firmly on the gauze for 45 minutes then discard it. Change the gauze every 45 minutes until it is a light pink colour when removed.

### **2) DISCOMFORT AND PRESCRIPTIONS**

Minimal to moderate discomfort can be anticipated for the first few days and can be controlled by taking the prescribed medication.

**The antibiotics should be taken until they are completely finished.**

### **3) SWELLING**

Some swelling is not unusual. Apply ice to the outside of the face “20 minutes on, 20 minutes off” for the first four to five hours. After the first day, moist heat can be applied for several hours each day. If there is excessive swelling that makes swallowing or breathing difficult, or swelling that seems to be spreading down your neck, **contact Dr. Liu immediately.**

### **4) BLEEDING**

Do not be alarmed if you notice blood stains in the saliva. If there is considerable bleeding, first rinse your mouth and remove any blood clots, then apply a **gauze pad or moist tea bag** to the area for 60 minutes with firm constant pressure. It will be helpful to keep your head elevated with two or three pillows and also to avoid excessive exercise for the first 3 days.

### **5) DENTURES**

If you have dentures that seat on the implant area, wear them for the first day and then remove the denture to rinse the area thoroughly with the prescribed mouth rinse.

### **6) DIET – RINSING – ALCOHOL – SMOKING**

Do not vigorously rinse or consume very hot liquids for the first 24 hours.

Alcohol may cause bleeding and should be minimized or preferably avoided for the first few weeks.

Smoking and alcohol may also affect the healing process and should also be avoided or reduced as much as possible during the first few weeks.

Avoid eating directly on the surgical area for the first few days and avoid vigorous chewing for the first few weeks.

### **7) PLAQUE CONTROL**

During the first week, brush your teeth as usual, but avoid the surgical area. After the first day, use the prescribed mouthwash two or three times daily. The surgical area may be gently swabbed with the mouthwash and a cotton swab if so desired.

### **8) AFTER SUTURE REMOVAL**

Continue to clean your teeth as usual and to gently cleanse the surgical area. Avoid chewing directly on the surgical area for the first few weeks. For denture wearers, avoid firm chewing in the surgical area for the first few weeks.