**INSTRUCTIONS AFTER DENTAL IMPLANT SURGERY**

**DISCOMFORT**  
Some discomfort may be present when the anesthetic wears off. If pain control medication has been prescribed, take it as directed. The amount of medication prescribed will be adequate in most cases; many find that ibuprofen (Advil or Motrin), naproxen sodium (Aleve) or acetaminophen (Tylenol) are also adequate for pain relief.

**BLEEDING**  
A slight amount of post-surgery bleeding is normal. In case of excessive bleeding, take a gauze or tea bag and hold it firmly over bleeding site for about 20 minutes. If bleeding persists, call our office.

**SWELLING**  
In some cases, swelling is to be expected. If ice packs have been recommended to minimize swelling, apply them on the outside of the face for 15 minutes on and 15 minutes off for the first 6 hours. The ice packs should only be used the day of the surgery, even though swelling may persist and may even increase for the first 24 to 36 hours. If swelling and/or discomfort remains after 36 hours, hot packs may be applied to the outside of the face.

**ORAL HYGEINE**  
Do not be concerned if traces of blood in the saliva are noted for several hours after surgery. Rinsing the mouth interferes with the clotting of blood, so do not rinse the first evening. Sipping ice water will keep the bleeding stopped. Do not, however, use a straw, since the action of sucking may aggravate the bleeding. Beginning the day after surgery, a Chlorhexidine rinse (Peridex, Perioguard) should be used to rinse the mouth as instructed by your Doctor. If part of the mouth has not been involved in surgery, that portion may be cleaned, carefully avoiding the surgical site.

**EATING AND CARE OF THE DRESSING**  
Soft foods and liquids are desirable for the first week after surgery. For the entire first week, please refrain from eating any hard foods such as nuts, raw apples, pretzels, carrots, etc. To help form a blood clot, do not drink hot beverages for a period of 6 hours after surgery.

**ANTIBIOTICS** – If antibiotics are prescribed, take to completion.

**SMOKING** – Try to refrain from or reduce smoking for the first 2 weeks after surgery.

**DENTAL EMERGENCIES OR COMPLICATIONS** – Please call our office at **(610) 995-0109**