



Post-operative instructions after IMPLANT PLACEMENT

Assistant: _____

1. Day One (the rest of today/tonight)

- * Apply ice/gel pack to area 20 minutes on / 5 minutes off for first six hours
- * Oral hygiene: Avoid the surgical site, normal elsewhere
- * Diet: VERY soft foods, do not chew on treated area (nothing hot for today)
- * Rest and relax, ☺ T.L.C. and use common sense
- * **NO EXERCISING FOR 48 HOURS.**

2. Day Two (Day after Surgery)

- * Continue medications as directed
- * Begin gently rinsing with warm salt water after meals or Prescription Rinse in AM/PM for 1 week
- * For swelling, continue with ice/gel packs as needed. Swelling and or bruising may peak in 3-5 days
- * **NO EXERCISING**

3. For 6 WEEKS – **CONTINUE WITH SOFT FOODS THAT CAN BE CUT WITH A FORK**

- * **DO NOT** chew on surgical site area or use an electric tooth brush

PLEASE AVOID:

- * Seeds, nuts, sticky, hard, crunchy, chewy foods for 6 weeks
- * No vigorous rinsing, spitting, and no over-the counter mouthwash for 1 week
- * **No brushing surgical site with regular brush for one week**
- * **NO SMOKING!** Smoking should be avoided through entire healing process because it restricts blood flow to surgical site and interferes with healing
- * No drinking from a straw for ONE WEEK following surgery

Medications: Should be taken with food

- * Continue taking all prescribed medications **UNLESS** otherwise advised
- * **SEE ATTACHED MEDICATION SHEET**

During business hours if questions or concerns arise, you may call our office number (302) 652-3586
If after hours, call the same number and follow prompts if there is an emergency that cannot wait for normal hours.