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Post-Operative Advice and Restrictions for Patients who Have Received a Dental Implant

TO BE READ CAREFULLY BY THE PATIENT, PARENT, AND/OR GUARDIAN

For the first 24 hours

- NO RINSING
- NO SPITTING
- NO SUCKING THROUGH A STRAW

For the first WEEK

- NO ALCOHOL
- NO HOT FOODS (IN TEMPERATURE)
- NO SPICY FOODS

ALL OTHER INSTRUCTIONS:

- NO SMOKING
- Do not pull your cheek to look at the surgical area because you will tear the stitches
- Chew on the opposite side of the surgical area and eat softer foods for the first 1-2 weeks such as:
Fish, pasta, soft chicken, soft chicken in pasta, mash potatoes, soups, oatmeal etc.
- BRUSH THE SURGICAL AREA GENTLY AFTER 24-48 HRS. Brush everywhere else normally
- Use the prescribed Peridex rinse - do not use Listerine-it will burn but Crest Pro-Health can be substituted for Listerine-it is non alcoholic so it won't burn but the prescribed Peridex is much more effective.
- It is normal to have a couple of spots of blood on your pillow in the morning. We recommend placing an old towel over your pillow to prevent stains.
- If bleeding persists apply pressure with moist warm gauze. If bleeding still persists, apply pressure for 15 min with a warm teabag directly on the surgical site.
- There will be an onset of discomfort and swelling after 3-4 days. This is just your body healing itself do not be alarmed.
- If you have had sedation, bone grafting or any other adjunctive procedures please see separate postop instruction sheet.



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If you have any questions or problems regarding your implant placement, please do not hesitate to contact the office or [priProvNameFormal]. We are available 24 hours a day after your appointment. If it is a medical emergency or if in doubt call 911.

OFFICE NUMBER: (540)-450-2100

After hours call the office number and you will be given the after hours phone number to call.