

POST-OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANT SURGERY

1. Mild discomfort is readily controlled with Ibuprofen or Tylenol; a prescription will be given in case of a more moderate discomfort. Please take as directed. Continue taking the medication only as necessary to prevent discomfort.
2. Nourishment is important for the healing process. Eat foods that are easy to chew and supplements such as protein shakes may be used as needed. **DO NOT RINSE HEAVILY, SWISH OR DRINK FROM A STRAW FOR THE FIRST 24 HOURS AFTER SURGERY.** In order to avoid an upset stomach, you should keep food in your stomach at all times.
3. You may chew slowly on the opposite side of your mouth from your surgical site, but you should avoid hard foods that require heavy pressure for chewing. You should avoid alcoholic beverages if you are taking sedatives or narcotic medications.
4. Avoid excessive exertion of any type including cardiovascular exercise for 24-48 hours after surgery.
5. In some cases you may experience edema or swelling. Swelling is often delayed until 24-48 hours after surgery. You can expect that 48 hours after the surgery your swelling may peak and then begin to dissipate. Any swelling may be kept to a minimum by holding an icepack on the outside of your face adjacent to the treatment area for the first 4-6 hours after your surgical visit. 20 minutes on and 20 minutes off. Ice should not be used after the first 24 hours as it may extend the duration of the swelling.
6. Occasional bloodstains in the saliva may be expected. Your saliva may look light pink in color. This is normal for the first 24 hours after the surgery. If some bleeding continues take a piece of gauze or a dry tea bag (damp with cold water) and cover the area and apply pressure for approximately 10 minutes. If bleeding does not stop, please contact Dr. Naghieh.
7. Do not use a tooth brush on the surgical site. Brush and floss the other areas of your mouth very gently. If you develop an unpleasant taste in your mouth, you may rinse gently with diluted mouthwash or Peridex (Chlorhexidine Gluconate), if it was prescribed to you. Do not rinse heavily unless 24 hours have passed since your surgery.
8. Rinse 2x per day with Peridex oral rinse, after 24 hours of the surgery.
9. Please take your prescribed antibiotic until it is completely finished.
10. If you are currently taking oral contraceptive mediation, please be aware that any antibiotics can interfere with the birth control for one full cycle.
11. If you have any questions please feel free to call our office at 617-484-0475.
12. In case of an emergency after hours please contact Dr. Naghieh on her cell phone at 617-823-0199

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