

## POST-OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANT SURGERY

1. Mild discomfort is readily controlled with ibuprofen or acetaminophen; a prescription will be given in the case of 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. 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.**
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.
6. Occasional bloodstains in the saliva may be expected. Your saliva may look light pink in color. This is normal for the first couple of days after the surgery. If some bleeding continues place a piece of gauze or a damp tea bag over 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 other areas of your mouth as usual. If you develop an unpleasant taste in your mouth, you may rinse gently with diluted mouthwash or Chlorhexidine Gluconate 0.12% rinse, if it is prescribed to you. Do not rinse heavily unless 24 hours have passed since your surgery.
8. Rinse 2x per day with Chlorhexidine Gluconate 0.12% oral rinse, if it is prescribed, 24 hours after the surgery.
9. Please take any prescribed antibiotic as directed and until it is completely finished.
10. If you are currently taking oral contraceptive medication, please be aware that any antibiotics can interfere with the birth control for one full cycle.
11. If you have any questions please 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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