



POST-OP INSTRUCTIONS: IMPLANT PLACEMENT

Try to take it easy for the next 12 hours or so. Be good to yourself. YOU DESERVE IT!!

Swelling

Ice pack, 20 minutes on, 10 minutes off (for the first day only). After the first day, if you experience any swelling, apply heat.

Fever

You may experience slight fever or chills. Don't be alarmed unless it persists for more than 24 hours. Please call the office if it persists for more than 24 hours or if it rises above 101 degrees.

Bleeding

Some slight bleeding or oozing from the surgical site is normal. However, if continuous bleeding occurs, moisten regular tea bags (do not use herbal tea) and place one on the cheek side and one on the tongue side of the surgical site. Apply continuous, firm pressure on the areas for 10 minutes without removing them to check it. If that does not work and the bleeding persists then please call at once, day or night.

Medications

Pain medication, an antimicrobial mouth rinse, and occasionally antibiotics will be prescribed. Please take the medication as directed.

Oral Hygiene

In the area of the surgery, brush the chewing surfaces of your teeth gently and as often as you normally would, and rinse your mouth with water every meal. In the areas without surgical treatment, clean as you normally would. You may be prescribed an oral rinse such as Peridex. Please follow the rinsing instructions carefully. Remember that wounds heal better when they are kept as clean as possible.

What Can You Eat?

Start out with liquid or very soft food for the first day or two, gradually progressing to harder foods after that. **DO NOT DRINK LIQUIDS THROUGH A STRAW.**

Foods To Avoid

POPCORN, NUTS, CHIPS, TACO SHELLS, SEEDS, any other hard small food that could work its way under the gum. It is important to note that highly seasoned foods, tart fruit juices, or alcoholic beverages may cause some discomfort temporarily.

Your Next Appointment

Your next appointment will be in 3-4 months to uncover the implant and take impressions for a crown. The implant needs this time to integrate into the bone.

For Patients Who Have Sutures

If a suture was placed it should remain in place for at least a few days. However, if it comes out, don't worry about it unless you are uncomfortable. Don't hesitate to call me if you are uncomfortable without the sutures.

Return to the office if unexplainable symptoms develop or call 281-251-8181. There is an option to reach Dr. Austin's cell phone after hours in case of emergency.