



PERIODONTAL THERAPY & DENTAL IMPLANTS

Megan Smith, DMD, MSD
1806 Cable Street • San Diego, CA 92117
P: 619.226.4784
obperio@gmail.com
www.obperio.com

POST OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANTS

In order to minimize the possibility of infection or complications; it is necessary to follow these procedures:

- ☐ **DO NOT:** Rinse, spit, drink through a straw, or **smoke**.
- ☐ **BLEEDING:** Bite on gauze using moderate pressure for the first 45 minutes. If you have continued bleeding, change the gauze and bite for an additional 45 minutes. When removing gauze, do so carefully. **MINOR** oozing is to be expected during the first 24 hours.
- ☐ **PAIN:** Take medication for pain as instructed; and always with food. If prescribed, take antibiotics as instructed until they are gone.
- ☐ **SWELLING:** Moderate swelling is not uncommon after oral surgery. Place an icepack on the face over the area for 10 minutes on, 10 minutes off. Continue this routine for 24 hours. Rest with your head elevated. Rinse mouth with warm salt water several times a day (½ tsp salt to 8 oz. warm water). If swelling is present after the first day, place a warm compress on the outside of your cheek for 10 minutes on, 10 minutes off.
- ☐ **SUTURES AND DRESSINGS:** Sutures will be removed one to two weeks after surgery. Please avoid touching sutures or surgical area while healing. If dressing has been placed over the surgical area, avoid touching it. Don't be concerned if portions break off. The sutures will dissolve; in most cases. In some cases there will be a metal cap sticking out of the gums, avoid touching it as much as possible. If it dislodges please notify us ASAP.
- ☐ **ORAL HYGIENE: Do NOT** brush or floss the area of procedure until further notice . On the second day, **gently** rinse your mouth with warm salt water several times a day (½ tsp. Salt to 8 oz. warm water). You may also use a Q-tip or soft washcloth to **gently clean the teeth AROUND** the area. **DO NOT** attempt to clean the site with a toothpick, WaterPik, or any other device **for 2 weeks**.
- ☐ **SMOKING:** No smoking for at least 2 weeks, please! The less you smoke the faster you will heal. Avoid smoking as much as you possibly can. This may be a good time to quit.
- ☐ Refrain from strenuous activity such as exercise, housework, or surfing for at least three days.
- ☐ **EATING:** Eat soft foods such as yogurt, eggs, potatoes, soup or shakes (**DO NOT USE A STRAW**). Eat foods that can be eaten with a spoon or fork. Avoid hard, crunchy foods, spicy foods and carbonated beverages.
- ☐ Keep your follow up appointment as directed. If you have any questions or concerns, please call our office at (619) 226-4784. After hours, you can reach **Dr. Smith (562)896-8255**