**Dental Implants**

Following placement of implants please follow these instructions to make yourself more comfortable, promote healing and help prevent any possible complication

Sedation:

If you were given sedation for your surgery, the effects of sedation may be with you for several hours. Please do not drive or operate machinery. The drugs used for sedation produce amnesia and help reduce the memory of your surgery.

Bleeding:

You probably will leave the office with wet gauze covering the surgical site. Apply pressure on it for 30 minutes. Wash hands and remove gauze in 30 minutes. A little bleeding is normal. If bleeding continues, use the provided extra gauze and apply pressure for another 20 minutes. Repeat if necessary, if bleeding is persistent, place a moistened tea bag to the area and apply pressure for 20 minutes. Exercise should be avoided for the first 24 hours following surgery. Exercise can cause increased bleeding. Start back slowly based on how you feel.

Diet:

A nutritionally balanced soft food diet with plenty of fluids is important during the first 24 hours. Eat soups and soft foods, which are easily chewed and swallowed. During the first 24 hours avoid using straws, rinsing vigorously, smoking and alcohol. Any of these actions could disturb or dislodge the protective blood clot from the surgical site and delay healing.

Rinsing:

24 hours following surgery gently rinse your mouth with lukewarm salt water 3-4 times a day. Following surgery ice bags may be used to aid in pain control and to help minimize swelling and bruising.

Nausea:

If nausea occurs take one ounce of a carbonated drink every hour for 5- 6 hours, along with some crackers.

Bone Fragments:

Small bone fragments often separate from the surgical site during healing. If you feel a fragment or spicule in the surgical area it will probably work its way out. If it is sharp or painful, call for an appointment. Generally these fragments are easily removed without discomfort.

Medications:

Please take the prescribed medications as directed unless an allergic reaction develops. If an allergic reaction develops please call the office as soon as possible.

Special Precautions:

Implants must be left undisturbed in the bone during healing. Avoid chewing directly on the implant during the initial healing period. Avoid disturbing the implants with your tongue or fingers. If numbness persists beyond 12 hours, please contact our office. If you have had an upper implant placed or sinus graft performed, avoid blowing your nose for 8 days. Do not sneeze with your mouth closed, but try to keep the mouth open as you control the sneeze.

If you had a sinus augmentation or any other type of bone grafts you may have been prescribed an antihistamine to take before and several weeks following surgery. If you have signs of elevated temperature or excessive swelling, please contact your office.

**Your Comfort is Our Priority. Please do not hesitate to call our office .Our staff will be happy to assist you!**