

Postoperative Instructions: After Dental Implant Placement or Bone Graft

The First 24 Hours

- A cold ice pack should be applied externally for the first 24 hours. Alternate 20 minutes on / 20 minutes off.
- Beginning 4 hours after your surgery, apply a pea sized amount of Sockit!™ Oral Pain Gel on all surgical sites. Continue use every 4-6 hours to relieve topical pain and promote healing.
- Resume routine medications immediately following your surgery. Complete the entire course of antibiotics prescribed. Only use pain and nausea medication as needed.
- Gauze has been placed over the surgical sites and light biting pressure should be applied. Change the gauze after eating or drinking. Remove the gauze once the bleeding subsides.
- If bleeding persists, moisten a tea bag and place over the surgical site for 30 minutes to stimulate blood clotting.

Hygiene

- *Avoid use of an electric toothbrush or water pick until your final crown is placed.*
- Brush your teeth the night following your surgery. Avoid brushing the surgical site for 3 days, then begin using a soft bristle brush.
- Beginning the day after surgery, rinse with Peridex twice a day for 2 weeks. Rinse with warm salt water prior to using Peridex.
- After 2 weeks, discontinue use of Peridex as a rinse. Begin swabbing the site with a Peridex soaked Q-Tip until your final crown is placed.
- Do not eat or drink for 30 minutes after using Peridex.

Diet

- Avoid liquid dairy for 3-5 days.
- Avoid very hot liquids for 2 days.
- Avoid hard, crusty or sticky foods for 2 weeks.
- Avoid use of a straw for 2 weeks.

- Avoid any excessive pressure on the surgical site such as pushing your tongue near the implant area for 2-4 weeks.
- Soft food ideas: Jell-O, soup, pasta, fruit smoothie, mashed potatoes, scrambled eggs, applesauce, etc.

General Guidelines

- Avoid smoking for 2 weeks. *It is advised to discontinue smoking completely to increase the success of your implant integration (healing).*
- Avoid alcohol consumption for 1 week.
- Avoid physical exertion for 5 days.
- If an upper tooth was extracted, avoid air travel for 5 days.
- If sutures were placed, they will dissolve in approximately 1 week.

Report any of the following to your Surgeon

- Temperature over 100.6°
- Purulent (yellow) drainage
- Excessive bleeding
- Sudden swelling 3-5 days after surgery
- The healing cap becomes dislodged

Instructions from your Surgeon

Patients recover from surgery at different rates. Depending on the nature of your surgery, your age and your individual recovery capacity, you should expect to return to normal activity 2-4 days after your surgery.

Your surgical assistant today was:

For after hour emergencies, please call the office at 817.552.3223. Select option 2 to leave a message and Dr. Tye will return your call.