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PRACTICE LIMITED TO PERIODONTICS AND IMPLANTOLOGY

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**INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING PERIODONTAL SURGERY**  
**DENTAL IMPLANT PLACEMENT**

1. Keep your mouth still until all the anesthetic has worn off, (no eating, drinking, smoking, talking, etc.) to avoid biting your lip or cheek or creating some other traumatic injury.
2. Some slight bleeding is to be expected for 12-24 hrs. following surgery, if bleeding persists or is heavier and bright red, call the office.
3. Some slight swelling and bruising of the area around the surgical site is expected. Swelling will begin on the 2<sup>nd</sup> day after surgery and get worse on the 3<sup>rd</sup> and 4<sup>th</sup> days and then lessen on the 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> days. Swelling can be minimized by placement of a cold pack to the face in the area of the surgical site. Put the cold pack on for 5-10 mins. and then off for a couple of mins. Repeat for one hour. After the 2<sup>nd</sup> day post-surgically a warm compress is more soothing than cold.
4. Do not brush the implant for the first week following surgery.
5. A number of medications may be prescribed following your implant surgery including medications to control pain, antibiotics, and an antibiotic mouth rinse. The mouth rinse is very important. It keeps the surgical site clean following the surgery. Rinse twice daily, once in the morning and a second time just before bed time. Focus your rinsing only to the area where the surgery was completed. You do not need to rinse the entire mouth. **Do not eat or drink for one hour after rinsing.** You may notice a slight brown stain from the mouth rinse. It is easily polished off. Take and use these medications as directed. Any medications you already take should be continued.
6. Placed in the top of your implant is a small healing screw which will be removed when it is time for the implant to be restored. Occasionally these screws do come loose. What you may notice if this happens is the presence of an odor, sensitivity, inflammation, bleeding or the sensation that the screw is coming out of the gums. Call the office and we will see you to check it. If you are wearing a temporary tooth over the implant a loosening screw will prevent the temporary tooth from fitting properly and put pressure on the implant. **If you notice this you must not wear the temporary tooth until you can get back to the office to evaluate the situation.**
7. Start a soft diet after surgery and avoid chewing in the area of the surgery. **Biting pressure on the implant before it heals can cause it to fail.** Make sure your diet is well balanced and high in protein (cheese, eggs, fish, ground meats, pasta, rice, cooked vegetables and fruit). You may find it necessary to add a liquid diet supplement if chewing foods is difficult.
8. If you have ever experienced a cold sore in your mouth or on your lip, the stress your body goes through while healing may cause an outbreak of these cold sores. You could notice a sore spot on your lip or blisters and a burning sensation on your gums. This is not an unusual occurrence and will heal in 7-10 days.
9. Please call if you have any questions or problems. If you can not reach me at the office, call me on my cell phone. If I can not answer please leave a message and I will call you back. We want to do anything to make your post-surgical healing as comfortable as possible.
10. Additional instructions: