

**Loza Dental Great Falls
Health & Wellness
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Juan Loza DDS**

Post Op Implant Surgery

TODAY:

1. NO BRUSHING. Do not rinse or spit. This will cause bleeding and disruption of healing.
2. Avoid foods or activities that create suction in our mouth (straws, mouthwashes, spitting, etc.).
3. Avoid hot beverages (coffee, tea, soup). Let them cool off before consumption. Most patients feel better having cold foods/drinks such as ice cream, Jell-O, yogurt, cold milk or water.
4. Place the ice pack on your cheek. This will be more effective if you have it 10 minutes on 30- minutes off, alternating for the rest of the day.
5. Begin taking pain medication before the anesthetic effect wears off (60 minutes after the surgery).
Take the medications as recommended by your Doctor: _____

6. Take other medications as prescribed by your dentist. Avoid driving or consuming alcoholic beverages if you were given prescription pain medication.

STARTING TOMORROW:

- I. Place warm compresses in the surgical site 3-5 times a day for 10 – 20 minutes each time. Post-operative swelling peaks after 72 hours following the procedure, and then it disappears after a few days.
- II. Rinse/HOLD IT gently with Chlorhexidine 0.12% twice a day for 30 seconds in the surgical site following specific instructions given by your dentist.
- III. Brush the remaining teeth gently with a soft bristle brush. DO NOT BRUSH the surgical site.

OTHER INSTRUCTIONS:

- Avoid food with sharp edges (chips, cookies, toast, etc.).
- Avoid smoking.
- Maintain a soft diet for 2 weeks and no chewing on the side of the surgical site
- DO NOT touch the site with your tongue.

Bruising after surgery is normal and is no cause for alarm. It will disappear after 7-14 days. Jaw tension is normal as well, particularly following long lasting procedures. It should improve in 7-14 days. Warm compresses and ibuprophen help alleviate these symptoms. If you received resorbable stiches, these will dissolve on their own in a week or two. Never pull a loose thread, instead, carefully cut it close to the gum line or call your dentist. If the s stiches are nonresorbable, your dentist will need to see you again to remove them.

In case of pain, swelling, bleeding, or if you have a question regarding he procedure performed today, please contact your dentist immediately (at _____ after office hours) who will call you back at the earliest convenience. If you are not successful contacting the dentist, and it is an emergency, please visit the emergency service nearest you.

NOTES: _____
