

Implant Post-Op Instructions

1. Avoid rinsing your mouth or spitting today. Beginning tomorrow you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2-3 hours for the first couple of days, then rinse after meals and at bedtime for the next two weeks. If you have been prescribed Peridex rinse, use as directed on the bottle. You may begin brushing your teeth today, staying away from the surgical site for the first few days.
2. **IF A TEMPORARY TOOTH WAS/IS TO BE PLACED ON YOUR IMPLANT TODAY, IT IS CRITICAL THAT YOU DO NOT BITE ON THIS TOOTH UNTIL YOUR DOCTOR ALLOWS! FAILURE TO COMPLY MAY CAUSE FAILURE OF YOUR IMPLANT.**
3. Please do not wear your dentures or partial until your doctor gives you permission to do so.
4. You may resume a regular diet as soon as you feel comfortable.
5. In some cases, swelling may occur and usually reaches its peak in 48-72 hours (2-3 days). Apply an ice bag to the side of the face 15 minutes on then 15 minutes off as often as possible for the first 48 hours (2 days). Then change to a heating pad or hot water bottle 15 minutes on then 15 minutes off until swelling has receded.
6. You may have mild discomfort following surgery. You may:
 - Take the prescribed medication as directed with food.
 - Allow 45 minutes for the medication to work. ***Therefore, take the medication before the pain becomes too severe.***
 - Take Tylenol or Ibuprofen (Advil) for minor discomfort.
7. Occasionally, the cover screw or healing abutment may loosen or fall out. This should not affect the stability of your implant. It is important, however, to call us as soon as possible so we can replace it for you. Please bring the loosened component in with you.
8. Our office usually uses stitches that dissolve and fall out. Depending on the type used, this may occur within the first week (yellow/clear stitches) or 2-3 weeks (purple stitches).
9. Bruising may occur. This is not uncommon and should disappear soon.
10. Keep lips moist with cream or Vaseline to prevent them from cracking.
11. **NO SMOKING.** Smoking is known to cause failure of implants.
12. **NO DRIVING** or operating machinery for 12 hours following general anesthesia.
13. If any unusual symptoms occur, do not hesitate to call the office **207-772-4063**
14. If you have been prescribed an antibiotic and are currently on oral contraceptives, you should use an alternate method of birth control for the remainder of this cycle.