



ORAL & MAXILLOFACIAL SURGERY ASSOCIATES

## 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. It is recommended to leave partial or denture in for 24-48hrs or until you see your dentist for an adjustment.
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. Some discomfort is to be expected after surgery. Typically, the discomfort will gradually increase over the first 48-72 hours, and may last for several days.

Please use your prescription medication as directed to control pain. You may also be able to use **Ibuprofen (Advil, Motrin) 600-800mg every 8 hours max 2400mg/day or 12 tabs** for up to one week in addition to your prescribed medications. Using ibuprofen on a regular schedule should decrease your need for the prescription pain medications. If you do not use prescription medication for pain, consider alternating **Acetaminophen (Tylenol) max dose 3000mg/day with Ibuprofen** for pain control.

Prescription pain medication should always be taken with food. **NEVER** combine alcohol with pain medication.

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.



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## POST OPERATIVE FOOD SUGGESTIONS

Soft foods should be eaten at meal times, if possible. Meals may have to be eaten five to six times daily in small portions.

Remember, it's best to eat foods that are lukewarm for the first 24 hours as food and drinks that are too hot can make surgery sites bleed.

It is best to avoid crunchy, hard foods like popcorn, nuts and chips for up two weeks following surgery.

Pancakes

Mashed Potatoes & Gravy

Chicken Noodle Soup or Any Noodle Soup & Saltines

Tomato Soup & Saltines

Macaroni & Cheese

Pasta & Butter

Oatmeal or Cream of Wheat

Scrambled Eggs & Biscuit

Spaghetti's

Ravioli

Chop Suey

Shephard's Pie

Basic Polenta

Smooth Hummus

Cottage Cheese or Soft Cheeses

Blueberry Muffin

Smoothies

Apple sauce

Pudding/Chocolate Avocado Mousse

Ice Cream/Sherbet/Gelato

Shakes

Yogurt