

Post Operative Instructions for Dental Implants

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY!!

- Eat soft foods. Please try to chew on untreated areas of your mouth. Your diet should contain a lot of protein and fluids. Milkshakes, Jell-O, pudding, yogurt are great on the first day of surgery. On the second day, you may gradually increase your diet to scrambled eggs, mashed potatoes, pasta. You may increase your diet to solid foods as you can tolerate. Avoid hot & spicy foods, hot liquids, and don't skip meals. Nourishment will make you feel better, gain strength, and heal faster.
- Avoid excessive exertion for 48 hours after surgery. Swelling can be minimized by holding an ice pack on the outside of your face, adjacent to the operated site, (20 minutes on 20 minutes off for the next 48 hours)
- To control minor bleeding bite on clean gauze for 45 minutes. Excessive bleeding which you can't control with simple pressure is not normal. In this event, you should contact Dr. Mueller immediately at (757) 496- 8066.
- Medications should be taken as directed. You should take your pain medicine BEFORE the numbness wears off.
- Rinse with warm salt water. ¼ tsp of salt in 8oz glass of warm water. Gently rinse 2-3 times a day, especially after you eat. **DO NOT USE MOUTHWASH*** example Listerine.* As this may burn and delay your healing process.*
- **Avoid smoking as this can be extremely damaging to the healing process, and can increase the risk that the implant site may not heal. This is the leading cause of implant failure!!**
- Avoid flossing the site for 4 weeks; however you may brush your teeth, and gently brush implant area. Good oral hygiene is a must so the implant site can heal properly.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you but if you have questions about your progress, please call the office where you had surgery. Calling during office hours will afford a faster response to your questions or concern.

