

Instructions for Home Care Following an Implant

- Before your surgery, you were given an anesthetic to ensure your comfort. This will leave your lips, teeth and tongue feeling numb after the surgery is completed. For this reason, please avoid chewing until the numbness has worn off completely.
- We will likely prescribe antibiotics for you. Please begin taking these, as directed until the prescription is finished, unless otherwise instructed. A combination of 500mgs of Tylenol & 200mgs of Motrin should be taken for moderate discomfort; however prescribed pain medication should be taken as directed.
- We also usually recommend an antibiotic oral rinse for you to use before and after surgery. Again, please follow directions carefully.
- Following surgery, you will be asked to bite firmly but gently on a gauze pad to stop the bleeding. We'll give you a package of gauze to take home with you and place over the surgical site. Change the pad as necessary, and use them until the bleeding stops completely. You can also bite gently on a moist tea bag for 20 minutes. Be sure to call us if bleeding persists or increases.
- It's normal to experience some discomfort after implant surgery. We can give you a pain reliever prescription; be sure to follow the directions on the label.
- To decrease swelling and discomfort apply ice for the first 24 hours as much as possible (20 minutes on 20 minutes off.)
- To help decrease swelling on DAY 2 apply moist heat to the surgical area. (This can be applied in the same manor as the ice, 20 minutes on 20 minutes off.)
- Keep your head elevated for the first 24-48 hours after you get home to minimize swelling and bleeding.
- Relax as much as possible and avoid all strenuous activities for at least two days following your surgery.

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- Drink at least eight glasses of water or fruit juice each day, and be sure to eat, as nourishment is vital to the healing process. Limit your diet to soft foods like yogurt, soft soups, pudding and soft-cooked eggs for the first week.
 - We will be giving you an antibiotic mouth rinse, please rinse with 1-2 ounces twice a day until the bottle is finished.
 - You may also rinse your mouth with a warm salt water solution (dissolve one teaspoon of salt water in one cup of warm water) three to four times a day for the week following your surgery. Be sure to spit carefully.
 - If you wear a denture or partial denture which would cover the implant area, be sure to leave it out for a minimum of one week after surgery. A soft relined can be created for your denture once the area has healed adequately; this will allow you to wear your denture comfortably.
 - As your jaw bone grows around the titanium posts, you may experience some soreness which can last for several weeks. An over-the-counter pain reliever, such as Ibuprofen or acetaminophen, will usually relieve this soreness.