**Post Operative Instructions for Dental Implant Placement**

The following instructions are provided to make your postoperative recovery period as short and pleasant as possible.

-A certain amount of pain, swelling, and bleeding is expected and normal. It is also not unusual to have bruising in the area of the surgery. Bite down and maintain firm pressure on the sterile gauze for 30 minutes. If there is still bleeding after half an hour, replace it with the extra sterile gauze provided and repeat every half hour as necessary. After 2-3 hours, if there is still excessive bleeding, then bite on a wet, black tea bag which has tannic acid to help you stop bleeding. Bright red blood pooling in the area is not normal so if this is the case, call the office immediately. It is normal, however, to have mild bleeding and streaking of the saliva with blood for a few days after surgery and you should not be alarmed if this happens.

-After the freezing wears off, apply ice immediately in the area where the surgery was done to limit the swelling. Apply for 30 minutes, then off for 20-30 minutes. This should be done as much as possible for the first 48 hours after surgery.

-Avoid excessive physical activity and exercise. DO NOT SMOKE FOR A MINIMUM OF 3 DAYS. ANY SMOKING EVEN AFTER THIS INITIAL PHASE OF HEALING CAN INCREASE IMPLANT FAILURE.

-Avoid spitting, drinking through and straw and vigorous swishing in the mouth for a week. You can brush but be gentle around the area of the surgery to avoid traumatizing it and disturbing the sutures. Starting the next day, start using a salt water rinse or the prescribed microbial rinse but gently shake your head side to side rather than true rinsing and let it sit for 30-60 seconds and then lean over the sink to let it run out. No spitting.

-Use the other side mostly to chew with and inspect the area after each meal to make sure there is no food lodged in the area.

-If you have a temporary denture, do not place it until the numbness in the area is gone. The denture should not touch the area where the implant surgery is done. If it does, contact the office right away or else it can cause ulcerations or lead to implant failure due to excessive forces placed over the implant during the healing phase.

-You must have your sutures removed 1 week after surgery and have a follow up at our office 2 weeks after surgery to assess the area.

If you have any questions or should something arise that you consider unusual, please contact our office at 780-997-0611 and press “0” after hours.