



## Implant Post-Op Instructions

**PLEASE KEEP YOUR HEAD ELEVATED FOR THE FIRST FEW NIGHTS AFTER SURGERY.**

### Prescriptions

1. Pain Medication – You have been given a prescription for pain pills  
You can expect some discomfort but no intolerable pain. Some patients may become nauseated after taking the pain pills. If you are still experiencing discomfort after Ibuprofen & pain medication that was prescribed. Please contact the office, as an alternate medication can be prescribed. (206) 245-1693
2. Antibiotic  
Amoxicillin 250 MG: Take one tablet every 8 hours until gone.  
It is important that you take the antibiotic until the bottle is empty.
3. Peridex Mouth Rinse - Rinse with ½ oz. twice daily in the morning and at night. Start the day AFTER surgery has been completed.

### Diet

For day of surgery it's very important to only have COLD liquids, and cold and soft foods. The cold will allow proper clotting to take place and reduce some amount of discomfort. Do not use a straw.

You should gradually go to a soft diet for the rest of the week. A soft diet is anything you can cut with a fork (ground meat dishes, casseroles, cooked vegetables, chicken, fish, pasta, etc...). As a rule of thumb, if it hurts don't eat it. Avoid food such as, popcorn, nuts, or foods with seeds or berries.

### Swelling

It is natural to expect some swelling after surgery. To keep swelling to a minimum, apply an ice pack to the outside of your face for 20 minutes on, then 20 minutes off for the next 48 hours. (except while sleeping). Do not be alarmed if you wake up more swollen than you were when you went to bed. Resume the ice pack in the morning. Sleep with your head elevated on two pillows for the first two nights after surgery. (Keeping head elevated slightly helps to minimize the swelling.)

On the third day, you may begin to use moist warm packs on your face several times a day for up to 20 minutes at a time. This may not necessarily reduce any swelling but it will help if you are experiencing some soreness in your jaw.

## Bleeding

It is natural to have some blood mixed with your saliva for the first two or three days after surgery. It will not hurt you to swallow it as it is mostly saliva. However, a bleeding problem would be considered if your mouth were to fill rapidly in just a few minutes. Should this occur, do not rinse to stop the bleeding, take a wet tea bag and place it over the bleeding area and press firmly for 20 minutes. If the bleeding will not stop, please call our office.

## Hygiene

In the first 24 hours you are not to spit. Swish or suck on a straw as this may disrupt the blood clot and cause further bleeding. After 24 hours begin careful rinsing with ½ oz. of peridex in the morning and evening. Between times you may rinse with warm salt water rinses, four times daily for one minute, AVOID BRUSHING & FLOSSING in surgery site. Remember, the cleaner you keep your teeth and gums, the faster they will heal and the better they will feel.

## Fever

You may experience a slight feeling of weakness or chills during the first 24 hours. It is also possible to run a low grade fever. If this persists for more than 24 hours, please call the office. Get plenty of rest this week and do not over exert yourself.

## **POST-OPERATIVE INSTRUCTIONS FOR PATIENTS RECEIVING OSSEOINTEGRATED IMPLANTS AND SINUS PROCEDURES & EXTRACTIONS.**

1. Do not rinse your mouth vigorously during the first 24 hours after the operation.
2. Use ice packs over the surgical area for 20 minutes at a time, during the first 2 days after the operation.
3. If nose bleeding starts, do not blow your nose.
4. Maintain a soft diet for the first five days after the operation. DO NOT smoke or consume alcoholic beverages during the first week.
5. Do not chew on the implant.
6. Use an elevated head rest or an extra pillow for the first two night after the operation.
7. If bleeding begins in the surgical area, apply gentle pressure to with gauze for 1 hour. If bleeding does not stop, please contact Dr. Chiulli.
8. After the first 24 hours rinse your mouth thoroughly with warm water rinses or prescribed mouth rinse after every meal.
9. DO NOT use your prosthesis until it has been adjusted.
10. If a sinus procedure was performed, do not blow your nose for 2 weeks after the operation.
11. If you have any questions or any problems related to healing of your operation, please contact us.
12. **DO NOT CHEW OR FUNCTION IN ANY WAY ON THE TEMPORARY (PROVISIONAL) TOOTH IF ONE HAS BEEN ATTACHED TO YOUR IMPLANT.**

## Contact Us

If you have any questions or concerns, please don't hesitate to call us at (206) 923 – 3684. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.