

DENTAL IMPLANTS

A dental implant has just been placed in your mouth. It is located under the tissue and usually not visible at this stage. Most implants will remain submerged for 3-6 months depending upon your bodies healing properties and type of implant placed. You will be asked to return in approximately 1 week to check healing. Sutures are typically removed at 2 weeks.

Instructions for mouth care **AFTER** surgery:

Please be very diligent about keeping the surgical site clean and free of food particles

1. **NO SMOKING!** Dr. Sullivant will have gone over the healing problems that smokers have.
2. **AVOID** alcoholic beverages, commercial mouth rinses and **hot** liquids (ie. coffee, tea, cocoa) for **24 hours**.
3. Start using the **antibiotic mouth rinse** provided the **night** of your surgery then morning and night starting the next day. Dr. Sullivant recommends adding warm salt water rinses 2-3 times daily starting the **day after surgery as well**. Do **NOT** use a water pik or electric tooth brush on the implant site. We will give you an ultra soft bristle (RED) toothbrush to use on that area.
4. **PAIN:** A certain amount of pain must be expected with any type of surgery. The appropriate pain medicine for your situation will be prescribed. Please take it according to instructions. You are not to drive on prescription pain medication. However, if only Motrin is needed, most people are able to drive without any problem.
5. **ANTIBIOTICS:** You have been prescribed an antibiotic. It is important that you take it as directed and ***FINISH*** the script. Should you develop hives, itching, rash, stomach irritation or difficulty breathing, **STOP** the medication and call Dr. Sullivant **immediately**.

6. **SWELLING:** Some swelling/bruising is to be expected and is not unusual. In most instances the swelling can be prevented, or at least controlled, by applying the ice pack given after your surgery 20 minutes on and 20 minutes off for the remainder of the day. If after 2 days you still have unusual swelling or pain call the office immediately.

7. **BLEEDING:** A small amount of bleeding following surgery is normal. If the bleeding is excessive or continuous, please call our office. Vigorous rinsing and spitting prolongs bleeding and will not allow a good blood clot to form. Be very gentle when you start to rinse.

8. **DIET:** Following surgery it is best to restrict your diet to liquids and soft foods for the first day. A normal diet may then be resumed the following day, but you will want to avoid chewing on the implant site until the tissue is completely healed. Soft foods such as mashed potatoes, pudding, jell-o, scrambled eggs and soups are just a few options to have on hand. If you have difficulty chewing try to blend or mash the food or drink a food supplement such as Carnation Instant Breakfast or Ensure.

IMPLANT FOLLOW UP:

A. You will be expected to return for your periodic re-check appointments until the submerged portion becomes stable.

B. After the healing period has been completed, and depending on your specific final restorative needs (crown, bridge or over dentures) you should be completed in 3-6 months.