

Dental Implant Instructions

The following instructions will help to ensure that the dental implant that has been placed is protected, allowing for proper healing and future success.

Bleeding Slightly or very minimal bleeding within the first 24 hours is normal. If bleeding becomes heavy, apply pressure to area with a damp washcloth or a moist black tea bag for 10 minutes. If bleeding persists after 24 hours, please contact our office.

Physical Activity No strenuous work or exercise following the procedure for 48 hours. This includes any activity (i.e. running, biking, swimming, etc.) that can get your heart rate elevated, as this can cause inflammation and delayed healing. Additionally, no heavy lifting as the strain and negative pressure in your mouth can disrupt the wound healing.

Diet While numb following the surgery, liquids such as protein shakes, smoothies, soups, Jell-O, pudding and ice cream are encouraged. It is important to minimize contact with the implant(s). After the anesthetic wears off, soft foods for 2-3 days are allowed, such as pancakes, eggs, mashed potatoes, cottage cheese, yogurts, etc. but making sure **not to chew anything** in the area the implants were placed for **8 weeks**. Ideally, after a few days, you may resume normal diet, but cutting up your food and chewing on the opposite side of the implant is recommended.

Swelling Minimal swelling is normal, but it is very important to ice the surgical area for a minimum of 4 hours. Hold a cold compress wrapped in a rag at 10-minute intervals, on the outside of the mouth.

Medications Please take your medications as prescribed. It is important to take the antibiotic prescribed to its entirety. This will help to guard against infection. The Chlorhexidine rinse (Perioguard) that was prescribed should be started the following morning and used twice per day (morning and night) until further notice. The pain medication prescribed should be used following the initial dose as directed.

Oral Hygiene You can brush and floss all the non-surgical areas like normal. Starting the day after surgery, it is recommended to only use the ultra-soft toothbrush provided to keep the implant site clean. DO NOT use an electric toothbrush or Waterpik in this area for 6 weeks.

Healing Abutment/Cover Screw You may notice a small dark metal healing cap at the gum line where implant was placed. This healing cap screws into your implant which helps to shape the surrounding tissue and keep food out of it. If this healing cap should ever become loose or fall out, please contact our office *immediately* so it can be tightened or replaced. If we could not place a healing cap, we placed a cover screw which is flush with the implant when it is placed. This will allow the bone and gum tissue to heal over the implant. After healing (typically 6-8 weeks), you will have a small 2nd stage procedure to expose the implant and place the healing cap.

Final Restoration Whether you are getting a single crown, bridge or denture prosthesis, we will be in touch with your dentist to keep them updated on your healing status. When you are ready to continue with the final treatment, we will give you the clearance to make an appointment with their office (typically 8-12 weeks after surgery). Typically, your dentist will schedule you for an impression appointment, however some dentists may request that we digitally scan your implant at your last post op visit. If you have any questions about the final restoration of your implant, we will try to answer your questions as best as we can, but we may defer to your dentist if the question is specifically related to the crown portion.

Contact your Periodontist in case of the following:

- Severe, uncontrolled bleeding or pain; especially if it begins after 24 hours.
- Swelling which has onsets 48 hours after surgery.
- Elevated temperature (over 101 degrees F)
- If after 3-4 days you experience any bleeding, progressive aching, or throbbing

Please call our office at: **(262) 547-1877**

For after office hours, please call or text:

Dr. Al-Bitar- (414) 751-0813

Dr. Garcia- (414) 502-7221