

Douglas Oliver, DDS

Pinole Family Dental Practice

2200 San Pablo Ave, Pinole, CA 94564

510 - 724 - 6161

in "Old Town" Pinole

DENTAL IMPLANTS SURGICAL POST-OPERATIVE INSTRUCTIONS

You have just completed an *implant surgical procedure* and the following instructions will give you the best chance to heal successfully.

1. **SWELLING:** Our patients commonly experience only minimal bleeding and swelling. If sutures have been placed, apply damp gauze pressure over the surgery site for the first several hours or until the bleeding has stopped. You can change the gauze periodically as needed. If you **DO** begin to show signs of swelling during your first post-op day, apply an ice pack to that side of your face, **15 MINUTES ON** and **15 MINUTES OFF**, for the next 4-6 hours.
2. **ORAL HYGIENE:** Brushing and flossing and hygiene care of the rest of your mouth should continue as before. Be careful immediately around the implant surgery areas. Easy brushing and warm water rinses in this area are appropriate after the first 24 hours. Commonly our patients have been prescribed antibiotics which should be taken during the first week of healing.
3. **DIET:** It is very **IMPORTANT** to avoid any chewing pressures from hard foods or other heavy grinding pressures directly onto the implant sites until you have been seen for your first post operative check (usually in 7-10 days). Every case is different and Dr. Oliver will instruct you on what eating pressures are specifically OK after this initial healing phase.
4. **SMOKING:** Smoking has definitely been shown to decrease the success of dental implants. It is especially important to stop smoking during the initial healing phase.
5. **PAIN:** Our patients typically have only minimal post operative pain and anti-inflammatory pain meds for the first several days such as Motrin or Tylenol are usually sufficient. If you experience **ANY** sharp pains, severe aching or if you experience **ANY** movement of your implants, please contact our office at your earliest convenience.

Good Luck...you are on your way to "implant success"