



## Implant Surgery Post Operative Instructions

### Day of Surgery

- **Bleeding Control:**
  - Bite firmly on the gauze pad placed over the implant site for 30–45 minutes.
  - If bleeding persists, replace with a new gauze and continue biting for another 30 minutes.
  - Avoid spitting, using straws, or vigorous rinsing for the first 24 hours to prevent dislodging the blood clot.
- **Pain Management:**
  - Take prescribed or over-the-counter pain medication as directed before the numbness wears off. Follow the “Analgesic Wheel-Clock” that was given to you.
  - Avoid aspirin, as it may thin the blood and increase bleeding.
- **Ice Application:**
  - Apply ice packs to the outside of the face for 15 minutes on, 15 minutes off to minimize swelling during the first 48 hours.
- **Rest:**
  - Limit physical activity for the first 24–48 hours. Keep your head elevated when lying down.

### Diet:

- Start with clear liquids and soft foods such as yogurt, applesauce, or mashed potatoes.
- Avoid hot foods and beverages for the first 24 hours.
- Gradually return to normal diet as tolerated, avoiding crunchy or hard foods for at least a week.

### Oral Hygiene:

- Do not rinse, spit, or brush the teeth near the surgical site for the first 24 hours. After 24 hours, use the prescribed “Peridex” rinse twice a day for a week. After the 1st week you can gently rinse with warm saltwater (1/2 teaspoon salt in 8 oz. of water) 3–4 times a day, especially after meals. Resume gentle tooth brushing, avoiding the extraction site.

### Swelling and Bruising:

- Swelling typically peaks 48–72 hours post-surgery and then gradually subsides. It may linger for a week (7 days).
- After the first 48 hours, switch to warm compresses if swelling persists.
- Mild bruising may occur and will fade over time.

**Activity Restrictions:**

- Avoid smoking, vaping, or using tobacco products for at least 72 hours, as they can delay healing and increase the risk of dry socket.
- Avoid alcohol for 24–48 hours or while taking pain medications.
- Avoid strenuous physical activity for at least 3–5 days.

**Medications:**

- Take all prescribed medications (antibiotics, pain relievers, mouth rinse) as directed.
- Finish the entire course of antibiotics if prescribed.

**Signs of Complications:**

- Contact your oral surgeon immediately if you experience:
  - Severe pain not relieved by prescribed medication.
  - Persistent swelling or signs of infection (fever, chills, pus).
  - Difficulty breathing or swallowing.
  - Numbness or tingling that persists beyond 48 hours.

**Follow-Up Appointment**

- Attend your scheduled post-operative check-up to ensure proper healing. Please call (571)685-8037 to make a follow up appointment if you do not have one scheduled.

**Emergency Contact:**

- If you have questions or concerns, contact our surgeons.
  - Dr. Combs: (719)237-2457
  - Dr. Guraya:(434)906-0559
  - Dr. Perez: (240)630-1106