

## Instructions after the Placement of Dental Implants

### **Implants Restored with a Transitional Crown**

If your implant was restored with a plastic transitional crown (immediately stabilized or functioning technique). **It is essential that the plastic splint not move. If movement of the splint is noted, contact us since it is of paramount importance that the splint be immobilized as soon as is practical.** It is analogous to having a cast on a broken arm. The implant must remain immobilized during the healing period for proper integration to occur. **Not contacting us as soon as mobility is noted will result in loss of the implant.**

- Bleeding** It is normal for saliva to be slightly streaked with blood. In order to stop active bleeding place a moist piece of gauze or a cold wet squeezed tea bag and apply pressure by biting on it for 30 minutes. If necessary, repeat this application of pressure. Keep your fingers and tongue away from surgical site.
- Rinses** Do not actively rinse your mouth until the following day after surgery. On the morning following surgery, rinse mouth thoroughly with a mouth rinse such as Peridex or Listerine. Repeat this twice a day for 14 days.
- Swelling** In some cases, puffiness and swelling may result and should not be a cause for alarm. Swelling may be kept to a minimum by holding a cold pack on the outside of your face, adjacent to the surgical area for the first 8 hours after your visit. Leave it on for 15 minutes, then off for 15 minutes.
- Black and Blue** It is normal for some patients to become black and blue.
- Denture** Avoid wearing dentures for as long as it is practical. It is essential that the dentures do not apply adverse pressure on the implants. Insertion of dentures too soon may jeopardize a successful healing process especially if they are used for mastication.
- Diet** To prevent any inadvertent food particles from contaminating or injuring your surgical site, you should only have liquid and mashed foods **around the surgical site** during the first 2 weeks. Some examples are fruit juices, ice cream, soups, Ensure, Carnation Instant Breakfast, custards, mashed potatoes, peas, corn, and any food mashed in blender. Smoking should be avoided as much as possible especially for the first 2 weeks.
- Sleeping** Keep your head elevated with 2 pillows while sleeping on the night of surgery.
- Medication** Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed. Please note the following:
- ALL MEDICATIONS MAY PRODUCE ALLERGIC REACTIONS AND/OR SIDE EFFECTS.
  - NARCOTICS MAY IMPEDE DRIVING, USING MACHINERY AND MENTAL ALERTNESS.
  - ANTIBIOTICS MAY NEGATE BIRTH CONTROL MEDICATIONS. USE ALTERNATIVE METHODS.
- Concerns** If you have any doubts or concerns, please call us at (415) 892-6901