

Everett Dental Associates ~ 345 Main Street, Everett MA 02149 (617)-389-3040
Emergency Line #855-389-3500

Instructions after the Placement of Dental Implants

- BLEEDING** Pressure controls bleeding. To stop active bleeding, place a cold, moistened gauze pad or tea bag over the site and bite down firmly for 30 minutes. Repeat, if necessary. Slight oozing that does not require gauze pressure is normal following surgery and may persist for first 12-24 hours. If excessive bleeding continues, call 617-389-3040.
- PAIN** Slight to moderate pain can be controlled with your preferred over the counter pain relief medication. Severe pain can be controlled by taking the prescribed narcotic as directed and following the precautions and warnings that are included with the medication.
- SWELLING** Swelling may be kept to a minimum by holding a cold pack on the outside of your face, adjacent to the surgical area for 4 to 8 hours after your visit. Leave it on for 20 minutes, then off for 20 minutes. Maximum swelling will occur 48 hours after surgery. Bruising and slight discoloration may accompany your facial puffiness and swelling and is considered normal.
- RINSES** Do **NOT** rinse or use a straw until the **fourth** day after surgery. Start to **GENTLY** rinse your mouth, especially after meals with warm water or any mouthwash on the **fourth** day after the surgery and continue for 7 days. If grafting material were used, you may notice some slight, white, gritty substance after rinsing, which is normal and is of no concern.
- DIET** Eat soft, nutritious food and drink plenty of liquids for the first 2 days after surgery. Do not use a straw. Smoking should be absolutely avoided as long as possible. Keep your tongue and fingers away from the surgical area. Slight difficulty opening your mouth widely is normal.
- DENTURE** Avoid wearing your removable bridge for as long as it is practical. It is essential that the denture or flipper does not apply pressure on the implants. Insertion of the dentures too soon may jeopardize a successful healing process.
- SUTURES** Sutures will dissolve in 5-7 days, if you have them, unless you were directed to return for their removal.
- TRANSITIONAL CROWN** If your implant were restored with a plastic transitional prosthesis or crown, it is essential that the plastic prosthesis not move. If movement of the prosthesis is noted, contact us, since it is of paramount importance that the prosthesis be immobilized again as soon as is practical. Not contacting us as soon as mobility is noted will most likely result in loss of the implant.
- SUGGESTIONS** Sleep with 2 pillows. Apply Vaseline or Chap Stick to your lips and corners of your mouth.
- CONCERNS** If you have any doubts or concerns, please call us at (617-389-3040). If you are reaching us during non-business hours please call our emergency line (855-389-3500) and one of doctors will contact you as soon as possible
- PRESCRIPTIONS** Take prescribed medications according to the labeled instructions. If you have any adverse reactions to the medications, immediately stop taking them and call the office. For the next three days, take 600-800mg (3-4 over-the-counter tablets) of ibuprofen (Advil, Motrin) every 6 hours as needed for pain. Additionally you may add 500 mg of acetaminophen. If you are unable to take aspirin-like products, then take 1000mg (2 extra strength over-the-counter tablets of acetaminophen (Tylenol) every 6 hours as needed.