

## **Postoperative Instructions for Implant Surgery**

Thank you again for allowing me and my staff to provide your periodontal surgical care. We appreciate your confidence and want to be sure that you have as much information as possible to maximize your comfort and success of treatment.

**Any time you have a question regarding your progress, please call the office number.  
781-862-0350**

**We are always available to answer your concerns.**

If you feel that you need to speak to Dr. Solomon after office hours or on a weekend, you may do so by calling the office pager number: 617-650-7072

\*Please do not wear the removable tooth-replacement appliance, unless you specifically have been requested to do so. Be sure to follow the directions given to you.

\*Many people experience a headache following the procedure. This is typically of no significance and the prescribed medication usually brings relief.

\*Consume a cold diet the day of surgery (ice cream, yogurt, milk shakes). For the following 14 days you should have a soft diet with plenty of protein (fish, pasta, eggs, overcooked meat and vegetables) and fluids (vitamin water). Avoid crispy and sticky foods (toast, chips, nuts, bagels, popcorn, cookies, dry fruit) and stay away from carbonated or acidic drinks (soda, fruit juices). Try chewing mostly on the untreated side and avoid chewing directly on the implant. Remember not to suck through a straw following surgery (that will dislodge the clot that's being formed).

\*Brush and floss all areas of the mouth, except the surgical site defined by the sutures, as directed to you by Dr. Solomon. You can start cleansing the surgical site within 24 hours using the prescribed rinse (Chlorhexidine/Peridex) twice daily. At 1 day following the procedure, a Q-tip (wetted with the rinse) may be used to clean the teeth in the surgical area.

\*Avoid excessive exertion for forty-eight (48) hours following surgery (no running, swimming, or lifting weights).

\*Swelling and discomfort can be minimized by holding an ice pack to the outside of your face, adjacent to the treated area. This should be done for several hours (4), keeping the cold on for ten minutes and removing it for ten minutes. Swelling does not usually mean that there is an infection. Swelling usually peaks on the third day after the treatment.

**A small amount of blood in the saliva is normal for the first 24 hours. You may consider placing a towel over your pillow the first night. Small amounts of bleeding can also be remedied by biting onto a tea bag for a half hour. If bleeding continues, consider repeating with new tea bags. Excessive bleeding which you can not control with simple pressure is not normal and should be reported immediately.**

### **Medications**

**Please follow the instructions on any prescribed medication very carefully.**

1. Prescriptions given for discomfort need to be taken only as long as you feel that you need them. However, take the combined Advil and Tylenol described below for at least four (4) days, whether you have discomfort or not. This will minimize swelling and improve healing.
2. Antibiotic prescriptions, including mouth rinses, should be used as directed. This is very important.
3. Take 2 tablets of Advil 200mg and 2 tablets of Tylenol 325mg together every 6 hours. Do this, whether or not you are in pain, for four (4) days. If you are still in discomfort 1-2 hours after taking the Advil and Tylenol combination, you may take the prescription medication (Vicodin, Percocet) we may have prescribed for you → you may then fall back on the Advil/Tylenol combination after 6 hours. Remember, you cannot drive or operate machinery after taking this narcotic (Vicodin, Percocet), since it will make you drowsy. At night, before going to bed, consider taking the pain medication (Vicodin, Percocet) prescribed instead of the Advil/Tylenol combination for a good night sleep. Remember to add an Advil 200mg to the narcotic and the anti-nausea medication (Compazine 10mg, if prescribed) for optimal results.
4. Take the antibiotic medication with a probiotic yogurt (live enzymes; i.e. Danon Activia) to maintain the natural balance of your gastro-intestinal flora. A great alternative, if you can't have yogurt, are Culturelle capsules made specifically for use with antibiotic treatment (available at drug/health stores, or online).
5. Start the Peridex rinse 24 hours after the surgery, and use it twice daily for 2 weeks following brushing and flossing.

Smoking can be very damaging to healing and should be avoided. Alcohol consumption should be deferred to 24 hours, or as directed on your prescription bottles.

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