

**Seitlin Dental
(704) 375-2030
Post Operative Instructions Implant Placement**

RINSING

Unless instructed otherwise, you may begin to rinse **gently** today, especially after meals. Rinse mouth every three to four hours, with one teaspoon of salt dissolved in an 8oz glass of warm water. Repeat for the next several days. Also, you should swish the prescription antibiotic mouthwash or dab it on the healing area gently with a q-tip 1-2 times per day.

BLEEDING

Some bleeding is normal after your surgery. If bleeding persists, place cotton gauze or a regular tea bag (lightly moistened with water) over the bleeding area and bite down firmly for 30 minutes. Repeat if needed. The tannic acid in the tea aids in forming a blood clot.

SWELLING

To minimize swelling: Apply an ice pack, bag of ice, or chopped ice wrapped in a towel to area for intervals of 30 minutes on, 30 minutes off. Do this for the first 24 hours.

PAIN

Take any NON-ASPIRIN-type of medication for mild to average pain. We recommend 600mg ibuprofen and up to 500mg Tylenol taken together ever 6 hours as needed for pain. Pain and soreness in the area may persist for around a week or more. After the first 48 hours, pain likely will lesson daily.

FOOD

Follow a light, soft diet during the first 24 to 48 hours. Avoid hot or spicy foods. No hot liquids or alcohol. No mouth rinses, citrus juices or other acidic foods as they may irritate the tissue.

NO SMOKING

Do not smoke for a minimum of 24 to 48 hours. **NO EXCEPTIONS!**

REST

Limit all activities for the first 24 to 48 hours. No heavy lifting or exercising. When lying down, keep head slightly elevated.

PRESCRIPTIONS

Fill all prescriptions and take all medications as directed.

PROPER CARE

Please follow all of these instructions for a speedy recovery.

DISCHARGE

After surgery it is normal for you to see a white sand like substance at the implant site. These pieces are nothing to worry about.

Call the office at (704) 375-2030 with any questions.