



**Dr. Ho-Young Chung**

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## **INSTRUCTIONS FOLLOWING IMPLANT/GRAFTING PROCEDURE**

**AFTERCARE** - Keep fingers and tongue away from the operated area. Starting one day after the procedure, gently bathe your mouth with the prescription rinse for the next 2 weeks. Do not brush the teeth around the operated area for at least 2 weeks.

**HEALING** - Avoid alcohol, smoking, spitting, and sucking on a straw for a minimum of 24 hours after the procedure to promote optimal healing.

**DISCOMFORT & SWELLING** – Discomfort, swelling, and bruising is the most prevalent for 3 days after the treatment. Begin taking pain relievers as prescribed by Dr. Chung and continue on a regular basis for the first 3 days. If necessary, Dr. Chung can prescribe stronger medication for you. Apply an ice pack for the first 24 hours, alternating 20 minutes on and 20 minutes off to minimize the initial swelling. If the discomfort *increases* after 3 days, please call our office immediately.

**MUSCLE SORENESS** - Difficulty opening the jaw can occur after surgery. We recommend light jaw stretching and heat therapy on the jaw muscle after the first day to relieve this temporary muscle soreness.

**DIET** – Bite and chew all foods on the other side of your mouth for the entire healing period (typically 4 - 6 months). Avoid foods such as: tough meat, nuts, crunchy fruit and vegetables, and crunchy snacks.

**STITCHES** – If stitches are placed, we will remove them at the 2 week appointment with minimal discomfort. Even with stitches, it is expected for the saliva to be streaked with blood for a day or two. If you notice the persistent bleeding, call our office immediately.

**SINUS GRAFT** – For the first 2 weeks do not blow your nose (dab with a tissue) and sneeze with your mouth open. Do not travel by airplane for 1 week after the procedure. Specific medication will be prescribed.

Do not hesitate to call our office at **250-372-7177** if you have any questions. If you have an after-hours emergency regarding your implant, please call Dr. Chung at **250-574-6154**.