



**Dr. Ho-Young Chung**

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## **INSTRUCTIONS FOLLOWING IMPLANT AND TEMPORARY CROWN**

**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 3 days. After that, use warm salt water until your 2 week appointment. Do not brush around the operated area for at least 2 weeks. You will be given a night guard to wear during the healing period. It is crucial that you wear it every night so that the temporary crown and implant do not get damaged. If the crown comes loose, please contact us ASAP.

**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** – Do not bite with your front teeth. Cut all food and chew with your back teeth. Eat softer food for the entire 4 month healing period. Avoid foods such as: tough meat, nuts, crunchy fruit/vegetables, and crunchy snacks. Acidic drinks such as wine, coffee, and tea can stain the temporary tooth.

**STITCHES** – If stitches are placed, we will remove them at the 2 week check up 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 persistent bleeding, call our office immediately.

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**.