

Post- Operative Care Following Implants for Denture(s)

**NOT FOLLOWING THESE INTRUCTIONS CAN JEOPORDIZE YOUR IMPLANT(S) AND CAN
LEAD TO IMPLANT FAILURE**

Mouth Care

- Keep your denture in your mouth 24/7 for 2 weeks following the procedure. Food may collect under the denture; this is normal and will not affect your healing.
- Do not spit, suck on a straw or consume alcohol in the 24 hours following the procedure.
- Avoid smoking as much as possible for 2 weeks following the procedure. **Smoking increases the risk of implant failure**
- The day after your procedure, gently bathe the area with prescription mouth rinse; continue for 2 weeks. The rinse can cause temporary staining of the teeth and tongue. Remove any denture that does not have implants prior to rinsing mouth.
- **After the 2 week check, you need to remove your denture(s) overnight to allow tissues to breathe.**

Diet

- **For _____ months after the procedure you MUST follow a soft diet. Eat food like yogurt, scrambled eggs, mashed potatoes, soup, pasta, fish, stews, mashed vegetables and soft fruit. You should be able to mash it with a fork.**

FAILURE TO FOLLOW THIS DIET COULD LEAD TO IMPLANT FAILURE!

Discomfort & Swelling

- Discomfort, swelling, and bruising is most prevalent in the 3 days following the procedure.
- Please take the antibiotics and anti-swelling medication as prescribed during this time. You may need to continue this medication for a week or more.
- Apply an ice pack to the area alternating 20 minutes on and off during the first 24 hours of the procedure.
- If your discomfort increases after 3 days, please call the office immediately.

Muscle Soreness

- If you experience difficulty opening your jaw, light stretching and moist heat on the jaw muscle can relieve this temporary muscle soreness. Please wait 24 hours after the procedure before applying heat.

Stitches

- Stitches will be removed at the 2 week check with minimal discomfort.
- It is normal to see blood in your saliva for the first few days, but if you notice persistent bleeding please call our office immediately.

Sinus Graft

- Do not blow your nose for the first 2 weeks (dab with a tissue) and sneeze with your mouth open.
- Do not travel by airplane for at least 1 week following the procedure.