

Post- Operative Care Following an Implant with a Temporary Crown

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

Mouth Care

- Keep fingers and tongue away from the operated area.
- 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 **3 days** and then switch to **warm salt water** for the **next 10 days**.
- Brush your other teeth as normal, but do not brush the operated area for 2 weeks.
- Avoid any dental hygiene or restorative appointments for 6 weeks following surgery
- **Wear your night guard every night to protect the implant** from grinding/clenching.

Temporary Crown

- **The temporary crown is for aesthetics only.** If it breaks or feels loose, you need to be seen as soon as possible. There is a **\$500 fee to repair or replace a broken crown.**

Diet

- **DO NOT BITE WITH YOUR FRONT TEETH.** Cut all food and chew with your back teeth for the entire **healing period**. This period is typically **4-6 months** while the implant and bone are healing.
- Do not eat tough meat, nuts/seeds, crunchy fruits/vegetables, snacks like popcorn, chips, granola bars and acidic drinks like coffee, tea, and red wine (to prevent staining the temporary crown).

Discomfort & Swelling

- Discomfort, swelling, and bruising is most prevalent in the 3 days following the procedure. If your discomfort increases after 3 days, please call the office immediately.
- Please take the antibiotics and anti-swelling medication as prescribed. 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 you experience difficulty opening your jaw; light stretching and moist heat on the jaw muscle can relieve this soreness. Please wait 24 hours after the procedure before applying heat.

Stitches

- If stitches were placed, we will remove them 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.

Gum Graft (From Palate)

- It is normal to have increased bleeding for 24-48 hours after gum grafting. You will be given an appliance to wear 24/7 for the first 24hrs then continue wearing as much as possible until the 2 week check. This appliance can and should be worn overnight.