

Post- Operative Care Following an Implant/essix retainer tooth

**NOT FOLLOWING THESE INTRUCTIONS 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 for 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**.
- 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

Diet

- You need to **bite and chew all food away from the implants/healing caps. Take special care to avoid the area for entire healing period.** This period is typically **4-6 months** while the implant and bone are healing. **Remove the retainer to eat and sleep at night** –it is thin and cannot withstand the forces of chewing/grinding.
- Avoid tough meat, nuts/seeds, crunchy fruits/vegetables, and snacks like popcorn, chips, and granola bars.

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.
- 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.
- You may still 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 (only dab with a tissue) and sneeze with your mouth open.
- Do not travel by airplane for at least 1 week following the procedure.

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 (as much as possible) for 3 days following the procedure. This appliance can and should be worn overnight.