

IMPLANT POST-OP INSTRUCTIONS

First 24 hours: Avoid brushing and rinsing. It is ok to eat soft foods once the numbness has worn off. Take your medications as recommended by your doctor.

Minimize cell phone usage as much as possible for at least 2 weeks. If needed, use headphones or the speaker function to keep the phone from your ear to reduce the EMFs transmitted to your jaw and head.

For the first week: Eat soft foods and chew on the opposite side if possible. Try and keep each serving of food to 10 grams of sugar or less, be sure to check labels. Do brush and floss your teeth but avoid brushing directly over this site for this first week. Use the recommended mouth rinse gently during this time.

Avoid smoking, this will decrease healing.

After the first week: At this point you can eat your normal foods, if the area is still tender then you can stick to softer foods for another few days. Brush and floss your teeth very well, at this point you should be able to brush the gum area to make sure all surface of the teeth next to the implant area is kept clean. If you have any discomfort that has not resolved or has gotten worse please let your doctor know immediately. If there are any strange feelings in this area even if they are not painful please inform your doctor.