

# **IMPLANT SURGERY**

## **POST-OP INSTRUCTIONS**

CONGRATULATIONS!!! Dr. Gulde has placed your implant, but it is important that you understand that you're only half way there. The success of your surgery is completely dependant on the post care you provide the implant area. You had a successful surgery, but unlike surgeries on other areas of the body where the doctor may wrap the site to protect it from infection, you will probably be eating in the next few hours, which will result in food particles falling throughout the Doctor's surgical area. Because of this, it is absolutely imperative that you follow these post-op instructions to assure that you have the best results possible. If you have any questions or comments, please be sure to ask before your procedure.

### **GENERAL CARE**

- To control minor bleeding after surgery apply moderate pressure with gauze pads or a clean, moist tea bag wrapped in a gauze pad.
- If you usually wear removable appliances, such as dentures or partial dentures, we may advise you not to wear them while the implant sites heal.

### **CHEWING & EATING**

- Avoid chewing until the numbness from the anesthetic has completely worn off. If we placed any temporary restorations, avoid chewing for at least one half hour to allow the temporary cement to set.
- Limit your diet to soft foods like yogurt, cottage cheese, soups, soft- cooked eggs, and ground meat for the first several months after surgery. Do not chew hard, crusty foods. Also avoid very hot or spicy foods until your gums are healed.

### **BRUSHING & FLOSSING**

- Brush and floss very gently. We may recommend that you clean implant sites carefully with gauze or a cotton swab.
- We recommend using a 2x2 gauze soaked with a chlorehexidine mouth rinse, using as directed

### **MEDICATION & DISCOMFORT**

- Take antibiotics or other medications only as directed.
- To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. Use about one teaspoon of salt per glass of warm water. It's normal for your gums to be sore and swollen for several days.
- Beginning 24 hours after surgery, rinse your mouth three times a day for two weeks with warm salt water. Use about one teaspoon of salt per glass of warm water. Swish very gently so you don't disturb the implant sites.

### **ABOUT TOBACCO**

- Do not smoke or use any tobacco products until healing is complete. Using tobacco tremendously increases the risk that you body will reject the implants.

### **WHEN TO CALL US**

- Call us if the tops of the implants gradually show through the gum. This is usually not a problem, but we should check it.
- Call our office if you have persistent numbness, bleeding, or discomfort or if you have any other concerns.

**You may reach us during normal business hours at 352.602.4235, or if you have an emergency when our offices are closed, please contact our after-hours emergency line at 407.399.9840.**