

## **INSTRUCTIONS FOLLOWING DENTAL IMPLANT SURGERY**

**Do not:** Drink hot liquids  
Rinse your mouth vigorously  
Smoke  
Exercise  
Chew solid food or drink through a straw  
Brush surgical area  
Drink alcohol

**Do:** Take your medication as prescribed  
Rest quietly  
Drink lots of liquids

**Swelling:** Swelling on the first day may occur and can be kept to a minimum with ice packs to the outside of the face over the surgical area. Ice packs should be used 10 minutes on – 10 minutes off for most of the day.

**Bleeding:** A slight amount of bleeding from under the dressing is expected the first day. If the bleeding is excessive, call us.

### **After the Surgery Day (after the first 24 hours):**

- Rinse gently with lukewarm salt water several times a day (1 teaspoon salt to 1 cup water)
- **Do not brush the area of surgery**, instead brush all of your other teeth and then rinse with the mouthwash prescribed.
- Eat a normal diet
- Do not chew near the surgical area
- If antibiotics were prescribed; be sure to take **all** pills as directed by Dr. Xiang
- Take pain medication only if you have pain
- DO NOT brush the area until we see you for your first post operative appointment. Continue to use the rinse and at that appointment we will review further instructions with you.

### **TELEPHONE DR. XIANG AND REPORT ANY OF THE FOLLOWING:**

- Swelling which begins 3 days or more after surgery
- Excessive bleeding
- Discomfort not controlled by your prescription
- Anything about your healing that concerns you

**204-726-1211 office  
204-728-3336 home**

**FOR DISCOMFORT AND SWELLING IT IS RECOMMENDED THAT YOU TAKE TWO IBUPROFEN (ADVIL)  
200MG TABLETS EVERY 4 TO 6 HOURS FOR THE FIRST 24 HOURS THEN AS REQUIRED.**