

INSTRUCTIONS FOLLOWING DENTAL IMPLANT SURGERY

For the First Week Following 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.
- Avoid chewing near the surgical site as much as possible
- 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
204-891-5767 Cell

**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.**