

Postoperative Care For Implants

1. After surgery is completed, a surgical dressing may be placed around the incision. The dressing should remain in place as long as possible during the initial postoperative phase. Clean the area with a cotton swab instead of a brush during this time.
2. Warm salt-water rinses should be started 24 hours after surgery. Very lightly, without swishing, shake your head so that the surgical area is not agitated. Do this twice a day for 2 weeks, using $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt to 8 ounces of water.
3. Please take the antibiotic as directed and until it is finished. If you seem to be having a reaction to the medication, please call the office.
4. Ice packs can be applied to the face as well as the sides of the jaws for a period of 2 days around the clock.
5. It is important that you maintain a high protein diet throughout the postoperative phase. Foods that are a good source of protein are eggs, soup, cottage cheese, milk products, and lean ground beef. The blender may be used to chop up foods. Food supplements, such as Meritene or Nutrament are available at pharmacies. A fairly soft diet should be maintained for several months following surgery while the implant area heals. Avoid traumatizing the implant – do not use a Water Pik, play with the implant with your tongue, or eat hard, crusty foods.
6. A vitamin supplement should be taken to help in the healing phase. Take a good multiple vitamin and at least 1,000 mg of vitamin C daily.
7. Numbness of the chin can occur if you are having lower implants. In most cases, this disappears in time, but it can occasionally be permanent.
8. If upper posterior implants were placed, do not blow your nose for 2 weeks after surgery. This will help to prevent infection.
9. As with any surgical procedure, the possibility of infection exists. Please feel free to call the office if anything concerns you during the healing phase. You need to make an appointment 2 weeks after surgery for suture removal and postoperative observation.
10. The healing period lasts approximately 3-6 months depending upon the type of implant placed. During this time, you will probably wear a temporary prosthesis. When the permanent prosthesis is made, several adjustments may be needed so that it fits and functions correctly.
11. You will be given preventive care instructions for the implant and asked to have the implant cleaned and checked on a periodic basis in the dental office to keep it in optimum health.
12. Our office has an answering service and may be reached 24 hours a day. Please call this office if there are any problems or any questions about your implant. If you are traveling, remember to call this office first before you initiate any dental treatment with another dentist.