



Post-operative instructions following Dental Implants

1. Use the prescription rinse containing chlorhexidine, an antibacterial medicine that assists in the healing and helps keep the site healthy. Rinse gently. To maximize the potency of the medication, DO NOT eat or drink for 30 minutes after rinsing.
2. Sutures may need to be removed after healing. Sutures should remain in place for 14-21 days. If they become loose and annoying, call the office to have them removed. DO NOT try to remove them yourself.
3. Some degree of discomfort and pain arises as numbness subsides. Take the prescribed medication at the first instance of pain or discomfort. Taking two to four capsules of Advil can serve as an alternative for the prescribed medication. If you cannot take aspirin products, then take two Tylenol. If the pain you are having is not controlled by Advil or substitute medications, you may take the prescribed severe pain medicine, but only after eating food. Any pain medications can cause nausea and vomiting; therefore it is important that you have food in your stomach before you take them. DO NOT take more than the recommended amount of medication.
4. Pain following oral surgery may be most severe the second or third day after the operation. Please do not drink alcoholic beverages while taking prescription medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more

101 N. Pointe Blvd. Suite 201 Lancaster PA 17601

717.581.0123 | dental@smilesbystevensdmd.com

difficult to control. Please contact us if you experience prolonged, severe pain so that we can help make you more comfortable.

5. **DO NOT DISTURB THE AREA OF SURGERY.** Allowing the tissues to rest undisturbed assists the healing process. Avoid vigorous chewing, excessive spitting, or aggressive rinsing. If you routinely use a Waterpik, refrain from doing so during the healing phase to avoid having healing delayed, active bleeding restarted, or infection introduced.
6. Expect minor bleeding or oozing. If bleeding persists, apply pressure with a fresh sponge for 30 minutes to an hour. Biting on a moist teabag wrapped in gauze may help control persistent oozing from the surgical site. Tea contains tannic acid, which helps promote blood clotting. Firm pressure for 15-30 minutes usually controls the bleeding. Checking too frequently will prevent the blood clot from forming properly and bleeding will continue. Should active bleeding persist, please call the office.
7. Limit physical activity during the first 24-48 hours after surgery. Overexertion may lead to bleeding and discomfort.
8. When you lie down to rest, keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid staining from any blood-tainted saliva.
9. Swelling may occur following certain types of procedures. An ice pack should be placed on the side of your face for 20 minutes then taken off for 10 minutes and repeated throughout the day. Anti-inflammatory medications such as Advil also help decrease swelling.
10. **FLUID INTAKE IS VERY IMPORTANT.** You should drink plenty of water or other clear beverages such as ginger ale or Sprite. Broth, soups or juices are all suitable, though you should avoid hot liquids until the numbness has worn off and the bleeding has stopped. **AVOID USING A STRAW FOR SEVERAL DAYS** as it may dislodge the blood clot and delay healing.
11. **FOOD SELECTION.** Soft, cool foods are most easily tolerated. Eating can prevent nausea sometimes associated with certain medications. Supplements such as Ensure, Carnation Instant Breakfast and/or yogurt supply excellent added nutrition. It is important to maintain a healthy, nutritious diet throughout the healing process.

101 N. Pointe Blvd. Suite 201 Lancaster PA 17601

717.581.0123 | dental@smilesbystevensdmd.com

12. DO NOT EAT ANY POPCORN, POPPY SEEDS, SESAME SEEDS OR SEEDED FRUITS. THEY CAN GET STUCK AND CAUSE INFECTION!

13. Take any medication we have prescribed on the recommended dosing schedule. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the full amount of prescribed antibiotics. If you are given antibiotics and take birth control pills, you should be aware that the birth control might become ineffective, therefore take appropriate precautions.

14. Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.

15. AVOID SMOKING COMPLETELY. Smoking delays healing and interferes with regeneration.

Most dentists in Lancaster do not offer dental implants. Contact Dr. Shea F. Stevens to schedule a consultation at 717.581.0123.

101 N. Pointe Blvd. Suite 201 Lancaster PA 17601

717.581.0123 | dental@smilesbystevensdmd.com