

INSTRUCTIONS FOR PATIENTS RECEIVING OSSEOINTEGRATED IMPLANTS

It is essential for the early healing process of dental implants that the following directions are observed during the first two weeks after your operation.

1. When leaving our office, you may be biting down on gauze packs. Please bite down on the gauze for ½ hour. Be sure to place the gauze pack directly over the surgical area.
2. If a sinus graft has been placed, it is essential that there is no movement of the sinus membrane; therefore avoid blowing your nose in all cases, and if “stuffiness” occurs utilize an over the counter cold medicine to avoid sneezing
3. Apply ice externally to the surgical site immediately after surgery. Leave an ice bag on for twenty minutes and off for ten minutes until bedtime tonight. You may use ice bags or plastic bags of frozen vegetables.
4. Your diet after the surgery will depend upon the size of the area operated on and your comfort level. Consume liquid or pureed foods if instructed by this office. You should progress to a regular diet during the first week. Avoid any chewing on the surgical site until instructed to do so by Dr. Provines.
5. Removable partial dentures should not be worn after the surgery unless Dr. Provines or your restorative dentist has made adjustment. If your partial denture has not been inserted after surgery, you should not replace it until you speak with our office. Inserting the removable partial denture too early may jeopardize the success of the implant(s) during this healing period. Your restorative dentist will make adjustments. If you are wearing a temporary fixed bridge that is fully supported by your natural teeth, this may be cemented back in place after implant surgery.
6. Please be aware that excessive smoking and/or alcohol use may adversely affect the short and long term success of the implant(s).
7. After the first day, you should rinse carefully with salt water after each meal. (One teaspoon of table salt mixed with 8-12 oz of lukewarm water). Excessive swishing in the surgical site should be avoided.
8. Avoid using commercial mouth rinses and breath sprays unless Dr. Provines specifically prescribes them.
9. If possible, an elevated head rest (an extra pillow) should be used during the first two nights.
10. If you have any further questions, please do not hesitate to ask any of our staff members.

Peninsula Center for Implantology