



## Instructions after Implant Placement

### Post-Operative Care:

1. Limit talking for the first 48 hours after surgery.
2. No drinking through a straw, no spitting and NO SMOKING.
3. Take any pain medicine as prescribed. One of the following work best, depending on what you are able to take as directed by your physician:
  - a. Extra Strength Tylenol as directed for the first 3 days after surgery.
  - b. Motrin 200 mg 3-4 tablets every 4-6 hours for the first 3 days after surgery.
4. Diet for the first 48 hours:
  - a. Milkshakes, ice cream, yogurt, Jell-O, puddings and plenty of cold liquid.
  - b. Diabetics may substitute sugar-free items, protein enriched shakes, etc.
  - c. Eat 3 meals and drink at least 6-8 glasses of water per day.
5. Cleaning your mouth:
  - a. Use gentle salt water rinses the remainder of the surgery day and entire week after surgery.
  - b. Mix 8oz of cold water with 1 tsp of salt and rinse for 2 days.
  - c. On the 3<sup>rd</sup> and subsequent days, mix 8oz of hot water with 1 tsp of salt and rinse.
  - d. Rinse 3-4 times per day.
6. It is common to run a low-grade fever for the first day. If this continues, or is a high fever, please call our office.
7. Patients who take aspirin or other blood thinners daily may resume medication immediately following surgery.
8. Continue with Peridox rinses as instructed by your doctor and do not brush implant parts until instructed to do so.
9. Plan to sleep with your head elevated for the first night following surgery.

If you have any further questions, concerns, or an emergency, please call our office:

**(724)-564-9010**

Thank you!

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