**Post-operative Instructions: Implant Placement**

The following instructions outline your day-by-day recovery following implant placement.

**FIRST DAY**
- On the car ride home, keep the gauze in your mouth that we placed following surgery.
- When you get home, remove the gauze and eat a small meal and 2-3 glasses of water. Take your first dose of pain medication and antibiotics (if given by your doctor) at this time.
- Each meal should consist of bland, soft foods that do not require chewing. Your lips and tongue will be numb and can be traumatized by hot foods and vigorous chewing.
- Following your first meal, place a new damp piece of gauze over the extraction sites only if there is continued bleeding. If there is no bleeding, no gauze is needed.
- You should be eating 5-6 small meals per day and drinking 2-3 glasses of juice and/or water per hour.
- Place ice over your cheeks and leave in place for 30 minutes, then remove for 30 minutes, and then replace the ice again. Continue for the entire day.
- Get plenty of rest. Plan on resting with your head elevated on 2 or 3 pillows.
- Place Vaseline on your lips if they are dry.
- Gently brush with warm water (avoid toothpaste) and rinse with warm salt water. Do not spit – allow the rinse to drip out of your mouth and then wipe off your lips.

**SECOND DAY**
- You will likely still be swollen and have mild to moderate pain.
- Start a soft food diet (any food you can cut with a fork). Continue drinking plenty of fluids.
- Continue oral hygiene care similar to day 1.
- Take your medication as prescribed.
- Avoid vigorous activity that elevates your heart rate.

**THIRD & FOURTH DAY**
- You will likely still be swollen and have mild to no pain.
- Advance your diet as tolerated.
- You may start brushing with toothpaste, flossing and using over the counter mouth rinse. Continue to avoid vigorous rinsing, sucking or spitting.
- Start using the Chlorhexidine oral rinse.

**FIFTH DAY**
- Swelling may be present, but will be significantly decreased. It may take up to 2 weeks for all the swelling to resolve.
- Return to normal diet and activity as tolerated.

**AFTER THE 7th DAY**
- Return to normal activity.
- You may feel a small metal protrusion or “cap” over where the implant was placed. This is normal and Dr. Williams will let you know after the surgery whether you will feel the cap or not.

*If you do not already have a two week follow up visit scheduled, please call the ENT clinic at (801) 587-8368 or (801) 213-4500 for an appointment.*
TO STOP EXCESSIVE BLEEDING:
- Apply damp (not soaked) gauze over the extraction site(s) and bite down with firm but gentle pressure for 30 minutes
- Check for bleeding
- If continued bleeding, replace with a new piece of damp gauze and hold pressure for 30 – 60 minutes
- Check for bleeding
- If bleeding continues, place a wet teabag over each extraction site and bite down for 30 minutes
- Check for bleeding
- Repeat with a new teabag one more time.
- If excessive bleeding continues, call the doctor for further instructions (801) 647-7908 (Dr. Williams’ cell phone).

Normal conditions for the first 72 hours after surgery:
- Swelling of the cheeks
- Difficulty opening the mouth
- Mild sore throat or slight earache
- Tenderness of the teeth near the extraction site
- A temperature of up to 101°F
- Dry lips or cracking of the corners of the mouth
- A small bruise or mild pain may develop at the IV site
- Mild oozing/bleeding from the extraction sites
- A small nosebleed that resolves with pressure

AVOID the following activities:
- Sucking, spitting or rinsing vigorously for the first 3 days
- Smoking or tobacco use for the first week
- If you must use a straw to drink, avoid viscous fluids like a thick milkshake – only gently use a straw with clear, thin liquids

CALL THE OFFICE if the following symptoms occur:
- Bleeding that does not stop with pressure or is completely soaking the gauze and filling up the mouth with blood within minutes
- Nausea and vomiting that has persisted for more than 24 hours
- Severe pain that interrupts sleeping, eating and restful recovery
- Extreme, severe swelling that involved the neck and affects breathing
- Fever greater than 101°F that persists for longer than 72 hours
- A rash on the skin that occurs after taking the medication or eating any foods
- Numbness to the lower lip, chin and tongue that persists for longer than 24 hours

ADDITIONAL INSTRUCTIONS FROM YOUR DOCTOR: