

**POSTOPERATIVE DIRECTIONS FOR PATIENTS AFTER  
IMPLANT PLACEMENT SURGERY**

**It is essential for the healing process that the following directions are observed:**

1. Only very soft foodstuffs may be taken during the first several days after surgery to avoid contaminating the wound with food particles. You will be advised when to resume a normal diet.
2. Smoking and consumption of alcoholic beverages **MUST** be avoided during the first week.
3. If possible, an elevated head rest (an extra pillow) should be used during the first two nights after the operation to reduce swelling in the operated areas.
4. Application of ice to the affected areas is recommended for the first 36 hours.
5. Should any oozing or bleeding occur in the operated jaw, it can usually be stopped by gently biting for 15 minutes on a roll of moist gauze. This may need to be repeated once or twice. If bleeding does not stop after this treatment, your surgeon should be contacted.
6. After each meal the mouth should be thoroughly rinsed with a salt water solution (1/2 tsp salt in 8 oz. of water).
7. Over-the-counter mouth rinses should not be used but your surgeon will likely prescribe a special mouth rinse.
8. You will be advised about denture or partial denture wear. Resuming a normal diet too soon may jeopardize a successful healing process. Complete dentures over implants must be relined every 3 to 5 weeks by your dentist thereafter.
9. If you are in doubt or there is any sign whatsoever of a disorder related to the healing or the implant area, you must contact your surgeon.
10. Take the prescribed antibiotics to completion as directed.