

Post-Op Instructions: Dental Implant

- 1. Pain Control:** Non-steroidal anti-inflammatory medications (NSAIDs), such as **Motrin & Ibuprofen** will generally relieve pain when in doses of **600-800mg (3-4 tabs) every 6-8 hours**. Set an alarm clock and take Ibuprofen around the clock for the first two days after surgery, regardless of pain level. Narcotic pain medications are for breakthrough pain. Only use a single tab as needed every 4-6 hrs for pain that is not managed with NSAIDs. Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or make important decisions. You should never mix narcotic medications with other sedative medications, including alcohol.
- 2. Swelling:** To keep swelling down is to keep pain down!
 - Rest: Avoid activity that will elevate your heart rate for the next 7 days.
 - Ice: Apply an ice pack to the jaw for 20 min intervals for 2 days.
 - Compression: A firm wrap around the jaws can help with swelling.
 - Elevation: Keep your head elevated for the first 3 days while sleeping.
- 3. Diet:**
 - 7 days of a soft food diet is encouraged.
 - Stay well hydrated with water. 1L daily is a good goal.
 - Nutrition supplements may be required if it is difficult to tolerate other soft foods. Consider protein shakes and smoothies without seeds.
 - Hard foods are discouraged for the first week (food that may cause trauma to the gums or have small particles that can be trapped in the extraction site).
 - Resume your normal diet after 7 days as you are comfortable.
- 4. Bleeding Control:** Remove the gauze pack after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, place a roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. If bleeding persists or becomes concerning call Dr. Clark immediately.

5. **Nausea:** Take an anti-nausea medication if prescribed to you. A small amount of carbonated drink (ginger ale) every hour for 5-6 hours will help alleviate the nausea. Follow this with mild tea or clear soup. If nausea continues, please contact the our office.

6. **Oral Hygiene:**

- Please do not smoke cigarettes or Vape for at least two weeks.
- Warm salt water rinses can be started 24hrs following surgery:
 - 1 tsp of salt in a glass of warm water after each meal and at bedtime. Gently rinse for 1 minute, and then gently spit out.
- Teeth should be brushed, but avoid the surgical site for 3 days.
- If given a syringe, use it to irrigate the area gently after meals.

Antibiotic: Take as instructed. Usually a 5-7 day course is sufficient to protect against infection after an implant is placed.

Thank you for trusting our team with your care! **Please call Dr. Clark at 503-927-6845 for any after hrs concerns or questions.** If there is an emergency please go to the closest ER and call Dr. Clark on his cell phone.

During regular office hours please reach us by phone or email with any questions or concerns.

208-831-2900

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