



**POST-OP INSTRUCTIONS FOR PATIENTS HAVING DENTAL IMPLANT  
OR IMPLANT RELATED GRAFT SURGERY INCLUDING IV SEDATION OR GENERAL ANESTHESIA**

***Go directly home and rest for the next 24-48 hours. Reduced activity is very important after surgery. Please discuss any questions you have regarding your activity level with Dr. May.***

**Diet**

- Cooler, softer food today while numb. Typically patients are numb for 1-2 hours after surgery. Luke warm food is okay after the numbness wears off. Advance diet as tolerated.
- ***Do not chew anything hard or crunchy over Implant area for the duration of your healing phase.***  
Ex) hard candy, peanuts, ice
- ***Do not chew anything over the graft site for 10 days.***

**Hygiene**

**TODAY**

- ❖ No rinsing, spitting, or brushing today.
- ❖ Do not use your prescription mouth rinse for the remainder of the day.
- ❖ No suction for 48 hours. Example: smoking, straws, water bottles, popsicles.

**TOMORROW**

- ❖ You may brush the morning following surgery.
- ❖ Resume using your prescription mouth rinse the day after surgery; continue using twice a day for the next 10 days.
- ❖ Start brushing over the implant cover when it becomes comfortable.

\*If you had a Sinus Lift procedure, *do not blow your nose for 10 days.*

**Sutures and Gauze**

- Stitches and/or tissue glue may come out earlier than your next scheduled appointment. This is normal.
- Usually Implant and/or Graft related surgeries do not require the use of gauze. However, if you have been directed to use gauze, it should be changed every 30 minutes today. The gauze should get lighter throughout the day. When you see the gauze is just a pink tinge that means you are done needing the gauze. You no longer need to use the gauze once it is a pink color.
- It is common to see a pink tinge in your saliva for 24 hours.

**Ice Packs**

- If you were given an ice pack, we ask that you ice consistently for the remainder of the day, and tomorrow. Icing the first 48 hours will help to prevent swelling.
- Swelling peaks on the third day. Heat is what helps the swelling come down after 48 hours. The gel packs can be microwaved for heat. The instructions on how to heat them are written on the gel pack.

**Medications**

- ***Continue taking the antibiotic as prescribed until you have finished the entire prescription.***
- ***If you are taking narcotic pain medication, we advise you to be at home resting; no driving, working, school, or alcohol within 4-6 hours of taking the pain medication.***
- ***You need to eat a cup of food before each dose of pain medication.***
- ***Do not take the narcotic pain medication and antibiotic at the same time. It is easier on your stomach if you take them separate. One hour apart is an adequate amount of time.***
- ***If you have discontinued the use of the narcotic pain medication, and are just taking over the counter pain reliever, (Ibuprofen, Tylenol, Aleve) you may take the OTC pain reliever and antibiotic at the same time.***
- ***If you were prescribed an antibiotic and you are currently taking oral contraceptives, you should use an alternative method of birth control for the remainder of this cycle.***

**Additional Instructions**

*\*Your dental implant(s) need to be restored by your dentist within 6-12 months after being discharged from the care of Dr. May.*

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***Please contact our office at 701-478-4404 with any questions or concerns. This number is also answered after hours and weekends for emergencies. An answering service will take your message and page Dr. may.***

***Dr. May and Staff at Prairie Oral Surgery***