



Post-Op Instructions for Patients Having Dental Implant or Implant related Graft Surgery

Reduced activity is very important after surgery. Please discuss any questions you may have with Dr. May.
Cooler, softer food/beverages today while you are numb. Advance your diet as tolerated

- Do not chew anything hard or crunchy over Implant for duration of healing phase***
Ex) nuts, hard candy
- Do not chew anything over graft site for 10 days***

Today: Day 1

DO NOT rinse your mouth or spit today.

DO NOT smoke or use a straw for 48 hours.

Continue taking the Antibiotics as prescribed.

- Take Pain Medication as directed with food. Allow 1 hr between Antibiotics and Pain Meds.***
- Change gauze every 20-30 minutes until gauze is pink in color. It is common to have a pink tinge in your saliva for 24 hours.
- If given an ice pack, ice areas off and on to prevent swelling. Follow instructions on back of Gel pack.

Tomorrow: Day 2

- Resume your prescription mouth rinse today; continue for the next 10 days.
*After 10 days stop the prescription mouth rinse and start warm salt water rinses.
Do the salt water rinses twice a day for the next two weeks. (1tsp salt/8oz cup of warm water).
- Continue using ice packs off and on today.

Day 3

- Switch to heat. Follow instructions on back of gel pack.
- Use Over-the-counter meds for pain if possible. Use narcotics as needed.

Additional information:

- Start brushing gently over Implant cover when its becomes comfortable
- Stitches or Tissue Glue may come out earlier than post op appointment, this is completely normal
- If you had a Sinus Lift procedure ***Do not blow your nose for 10 days!***

* If you are taking narcotic pain medication, we advise you to be at home resting; no driving, alcohol, school, or working 4-6 hours of taking medication.

*If you were prescribed an antibiotic and are currently taking oral contraceptives, you should use an alternative method of birth control for the remainder of this cycle.

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

Additional
Instructions _____

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