

## ***West LA Implants***

### **POSTOPERATIVE GUIDELINES FOR PATIENTS RECEIVING IMPLANTS**

For rapid healing and complete recovery following implant surgery it is necessary to adhere to the following directions.

**Activity:** Reduce your activity following surgery. No running, weight lifting or any strenuous aerobic activity or contact sports for 48 hours. Refrain from exercises that may place your head below your heart such as Pilates or Yoga.

**Care of your mouth:** Immediately after surgery keep ice cold water in your mouth or cold foods, such as ice cream or low-fat yogurt, for 6-8 hours. Do this as continuously possible. Allow these cold foods to defrost in your mouth thereby cooling the surgical site. Application of an external ice pack is of little value. Do all normal cleaning procedures of teeth that did not have surgery. Try not to “play” with the top covers over the implants.

**Discomfort:** Following all types of surgery you can expect some discomfort. If pain medication is prescribed, take as directed. If nausea develops, take the medication with milk and food. **Do not** drink alcohol beverages in combination with pain medication.

**Swelling:** In some cases, swelling may be expected. Generally, we prescribe anti-inflammatory medications to be used for 3-4 days following surgery. This will minimize the swelling. In addition, taking in cold water or other cold liquids for 6-8 hours immediately following surgery is essential in order to minimize swelling. **You must stay on cold liquids the remainder of the day following surgery.** After 24 hours, any temperature liquid may be used. Do not apply heat for 72 hours.

**Bleeding:** A small amount of bleeding may be expected. Please do not do any spitting, rinsing or sucking, like sucking through a straw. Biting on the gauze that has been provided, soaked in cold water, is ideal to prevent bleeding after surgery.

**Eating:** Eat only cold, soft foods, mainly liquid for 3-4 days following any surgery. Do not eat hard, chewy, crunchy or spicy foods.

**Dentures:** Please do not wear your dentures for the first two weeks after surgery. Please do not wear your dentures until instructed to do so by the doctor.

**Antibiotics:** If antibiotics are prescribed, take them as directed until they are **all gone**. If an allergic reaction and/or nausea develops, call the office.

**Smoking: Do Not Smoke.** Smoking can seriously irritate and delay healing of tissue.

**Telephone:** If you have any questions, call the office. After hours and on weekends, for emergency only. Please state your name and phone number including area code and specify the nature of the emergency or email us and someone will return your call as soon as possible. (310)481-0111