IMPLANT

Post-Operative Instructions

Restoration
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- After your procedure, **soreness and swelling in the general area of treatment (including the jaw, surrounding teeth, and areas where anesthetic was administered) is normal** and may even peak 2-3 days following treatment. Swelling should subside within 7-10 days. Numbness typically lasts for 3-6 hours following treatment, but may last longer.
- It is normal to experience jaw soreness as well as soreness where the anesthetic was administered. For swelling and pain, it is important that you take a post-operative medication as discussed with Dr. Emily. **Please reference the attached sheet for recommended dosages for over-the-counter pain relievers. Do NOT wait until discomfort begins to start taking any prescribed or recommended medications.** To minimize swelling, you may also apply an ice pack or cold compress to the area (20 minutes on, 20 minutes off).
- **DO NOT smoke, swish your mouth vigorously, or drink through a straw for the first 3-5 days.** If the blood clot comes out, you may develop a dry socket. Dry sockets are most common in the first week following treatment. Do not suck on the treatment site and avoid manipulating or touching the treated area.
- **DO NOT rinse your mouth, brush near the surgical site, or floss** for 24 hours following your procedure.
- **The day after the procedure, you can start gently rinsing after meals with warm salt water** (8 oz of warm tap water with ½ teaspoon of salt). Avoid using a mouth rinse during the early healing period, unless one is prescribed.
- For the first 24-48 hours, stick to **soft cold foods** (such as yogurt, applesauce, smoothies, mashed potatoes, etc.) and do not chew on the side of the mouth where the implant was placed. Avoid hot foods and drinks. After 48 hours, you may gradually begin returning to a normal diet, but continue with softer foods for at least a week and avoid crunchy, sticky, or hard foods.
- Please be advised that an uncommon, but possible, side effect of any dental treatment is trismus, which causes prolonged jaw muscle stiffness. This typically resolves quickly on its own, but in rare cases may last for several months.
- **If swelling and discomfort worsen after the 4th day following the procedure, accompanied by possibly a foul taste in the mouth and/or a fever contact our office IMMEDIATELY. If you have difficulty swallowing or breathing, please dial 911.**

You may contact our office with questions or concerns at (219) 476-3100.

Foods to eat and avoid

Eat **soft, bland foods** to avoid irritating the treatment site.

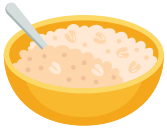
Mac 'n Cheese

Mashed Potatoes

Jello

Applesauce

Soup


Oatmeal

Avoid hard, crunchy, spicy, or sticky foods.

Chips/hard pretzels

Hard/sticky candy

Hard bread

Crackers

Nuts

Cereal

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