



PLATINUM DENTAL, Inc.

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POST OPERATIVE INSTRUCTIONS FOR IMPLANT SURGERY

1. DO NOT rinse for 24 hours after surgery and AVOID extremely hot liquids and citrus juices for the next few hours. DO NOT smoke for at least 24 hours after surgery. AVOID excessive exercise.
2. While gum recession usually results from surgery, it is never as much as it appears to be during the first few weeks after surgery. As healing progresses, the normal color and smooth natural shape will return. Gum recession may be permanent.
3. **MEDICATION**- mild discomfort may be controlled with 2 extra strength Tylenol or similar medication every 4 hours (avoid aspirin). If a pain reliever has been prescribed take only as many pills as necessary. If an antibiotic has been prescribed be sure to take all pills as directed. AVOID ALCOHOL when taking antibiotics, pain pills and sedatives. DO NOT DRIVE while taking sedative or pain relieving medication. Some antibiotics may interfere with birth control pills. Check with your doctor first. If you take a premed you must take your medication as prescribed on the day of suture removal (at least one hour before).
4. Some swelling and temporary loosening of the teeth may be expected. Apply an ice pack to the face, if directed, for 10 minutes on and 10 minutes off for the next 24 hours. DO NOT use heat. It usually takes three to six days for the swelling to recede.
5. Starting tomorrow brush the rest of your teeth regularly. Brush very gently around the surgical area.
6. 24 hours after the surgery, start rinsing 4 to 5 times a day (1/2 Tsp Epsom salt in 8 ounces of water). Also rinse with Peridex twice daily (morning and night) if it is prescribed. It is extremely important for healing that the mouth be kept CLEAN.
7. Try to eat on the opposite side of the mouth. AVOID foods that are hot, spicy, hard, or salty. Popcorn, peanuts, seeds, rice, crusty bread, pretzels and any food that will get caught between your teeth. Try to avoid all citrus drinks.
8. If bleeding occurs, DO NOT RINSE, place gauze saturated with a tea bag over the area and hold firmly for 10 minutes. Repeat every 10 minutes alternating a "tea" gauze (10 minutes) with a dry gauze (10 minutes) until bleeding stops.
9. Aspirin and Vitamin E may be resumed one week after the surgery.
10. **GOOD FOODS:** fish, soup, chopped meat, Jell-O, baby food, mashed potatoes, instant Breakfasts non-dairy custards and pasta. If you have been prescribed Tetracycline avoid dairy products.
11. With regards to your medications, please take them as directed below:
 - ☐ Motrin: take 1-2 every 4-6 hours or as needed for pain
 - ☐ Vicodin: take 1-2 every 4-6 hours or as needed for pain
 - ☐ Amoxicillin: take **1 dose** (500 mg) every 8 hours until gone
 - ☐ Clindamycin: take **1 dose** (300 mg) every 6 hours 'til gone
 - ☐ Chlorohexidine: rinse 2 times a day for one minute (once in morning, once at night)
 - ☐ Other meds:

It is absolutely critical for you to take your Antibiotics (Amoxicillin or Clindamycin) as directed 'til it is finished. It is also very important to rinse as directed with the Chlorohexidine. Doing these 2 steps religiously will increase the success rate for your new implant dramatically.

If you have any questions or emergencies please call our office at (760) 510-9009.