**Dental Implant and Bone Grafting Post Op Instructions**

Do:

* Take your medications as prescribed
* Rinse gently with salt water to keep the area clean for the first 48 hours, after that begin brushing the area very gently unless you were told otherwise.
* Avoid the use of mouthwash or alcohol. (Beer and wine is fine in moderation)
* Don’t smoke.

What to expect:

* Some mild to moderate discomfort depending upon the procedure. For most patients an over-the-counter pain medication is enough. Ibuprofen seems to work best.
* Bleeding – should be minimal to none. Avoid hot liquids and strenuous exercise for the first several hours after the surgery.
* Bone grafting – you may find a few small fragments of grafting material in your mouth. These are excess material that has worked its way out and is normal.
* Sutures/stitches –Ideally the sutures will stay in place until your follow-up visit in a week or so. We will likely remove the sutures at this follow-up appointment.
* Eating – No restrictions on eating. Avoid chewing at the site of the surgery.

What if:

* Stitches come loose – if it has been a few days, there is likely nothing to worry about. If the stitches come loose within the first 48 hours you should contact the office to see if the dentist feels you need to be seen. After the first few days, dangling sutures can be clipped if you wish.
* Opening suture line – If you had a large incision and several implants placed in the front of the jaw, that suture line needs to be kept closed. If the sutures pull out, or the incision begins to open, please contact the office. (This is not something you will be unsure about. If the incision line opens, it will be very obvious and uncomfortable.
* You wear dentures or partial dentures –IF the denture or partial puts any pressure on the surgical site, it will need to be adjusted.. If your dentist tells you not to wear the denture, it is essential that you follow this instruction, or run the risk of the incision line opening creating delayed and uncomfortable healing.
* Healing cap becomes loose or falls out – Healing caps are small tops that extend above the gum level which are often placed at the time of the implant surgery. These small caps screw into the implant and can upon occasion become loose, or even fall out. A lost healing cap is not an emergency, but ideally should be addressed before the gum tissue has a chance to grow over the implant. Please call the office as soon as you notice a healing cap that is loose or missing.

Please call the office if you have any questions or need assistance. **585-335-2201**