Infinity Dental
8940 W. Tropicana Ave
Las Vegas, NV. 89147
702-248-4448

Implant Post-Operative Care:

Bleeding: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

Smoking: Smoking should be stopped following surgery for a minimum of 48 hours. Healing and success of the implant will be substantially reduced by the cigarette smoke chemicals in your body.

Pain: Some discomfort is normal after surgery. To minimize pain we suggest you take 600-800mg of IBU Profen or over-the-counter Advil every 6 hours for the first 3-5 days following your surgery. This will help with swelling, which will reduce pain. If you were also given a narcotic pain medication you can take this in conjunction with the IBU Profen, but only take this as needed. If prescription pain medication is prescribed, take it as instructed on the label. Do not exceed the dose on the label. Taking with a light meal will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

Nausea: This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water. If your nausea is excessive or is not relieved by a light meal/water please contact our office.

Swelling/Bruising: Some swelling and bruising may occur around the implant. This is normal. Applying an ice bag to the face over the operated area will minimize swelling. Holding a firm constant pressure while applying ice will help reduce/eliminate swelling. We recommend using a flexible ice-wrap. These can often be secured tightly to help maintain slight pressure. Apply for 30 minutes, then remove for 30 minutes. Continue this for the first 2-5 days. KEEP YOUR HEAD ELEVATED! For the next 2-3 days it is beneficial to sleep with your head elevated (propped-up with pillows or in a recliner) as the blood will pool at the surgical site and this will cause significant swelling.

Numbness: The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the implant procedure causes residual numbness or tingling for six weeks or longer. You may experience tenderness and/or bruising around the injection sites, this is normal and can be reduced /prevented by using ice and applying pressure.

Brushing: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth- gently around the surgical site. Maintaining good oral hygiene to prevent bacteria in your mouth and at the implant site is imperative to implant success. It is critical that you brush and maintain cleanliness at the site using a soft tooth-brush brushing gently.

Rinsing: Avoid all rinsing or swishing for 3 days after your procedure. On the third day you may begin rinsing with warm saltwater 3-5 times daily. RINSE GENTLY! You want to avoid any hard rinsing, spitting, or sucking motions. It is a good idea to rinse with saltwater following every meal. This will help to

prevent bacteria and food particles from sticking. Avoid commercial mouth rinses. Often we will prescribe an antimicrobial mouth rinse (chlorhedaxine). Doctor will often advise you to wait until your 1 week post-op visit to begin using this. Once instructed use the mouth-rinse: Rinse twice a day for 1 minute. Rinse gently, rolling the solution throughout your mouth, once in the morning and once at night (when using at night do not rinse or drink anything else before bed, you want this to be the last thing that hits your mouth).

Diet: Eat soft foods for the first 2-3 days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for a minimum of 48 hours. We recommend taking Vitamin C daily to aid in the osseointegration. Avoid chewing on or near the implant site whenever possible, until your final restoration is complete. (About 6 months). Increase diet as tolerated.

Activity: After leaving the office, REST! Avoid strenuous activities for one week at minimum. (You may be advised to wait longer, be sure to ask your doctor.) Keeping blood pressure lower will reduce bleeding and aid in healing.

Antibiotics: If you were given an antibiotic prescription, take all of them as directed until they are gone. It is critical to take all medications as prescribed, and to complete your course of antibiotics. Failure to do so can lead to failure of your implant. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

Sinus: If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended. If you were prescribed a decongestant or allergy medication take it as prescribed.

Removable Appliances/ Dentures: Your dentist will give you specific instructions about your prosthesis. If a removable prosthetic appliance was placed do not remove it until you are seen for your post-op visit unless otherwise instructed. To avoid putting any pressure on the new implants before they have healed your denture might be adjusted or significantly modified. In certain cases you will need to go without your dentures for a period (days or weeks) after the implants are placed. Sometimes a temporary removable appliance is made for cosmetic purposes, until a new non-removable one can be made. Temporary appliances are often for cosmetic purposes only and are not to be used to bite or chew.

Sutures: If sutures have been placed you should take care when eating, try to avoid chewing on or near the sutures if possible. Your sutures will often require the doctor to remove them. This will be done 4-6 weeks following the procedure. After the soft tissue has healed and the swelling subsides the sutures will feel and appear long/lose. This is normal. Please do not try to move/cut/remove the sutures on your own.

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Follow-Up Appointments: We will schedule you for either a 24 hour or 1 week post-op visit. Depending on healing you may need to return for post-op visits weekly and once approved we will need to see you once a month until healing is complete. You may need to return after the implant has integrated for a small second procedure to expose it in preparation for the final restoration. It is critical to the success of your implant that you make arrangements for the necessary follow-up visits.

Please call your dentist if you have:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problems

You can contact our office after-hours for emergencies at 702-327-8795

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.