

Implant Treatment

You have finished a very important phase of your implant treatment, and now it is time to begin the healing process. It is important to understand that some discomfort, swelling, and bruising is normal.

Every patient is different and there is no way of predicting if you will experience any of these symptoms. The medications that have been prescribed to you will help keep you comfortable for the next few days.

Refrain from eating for at least 2 hours and until the anesthesia has worn off.

Things to Avoid for the first 24 hours:

- Vigorous physical exercise, but you may return to work
- Drinking through a straw or sucking motions.
- Do not smoke. It's better to refrain for 48 hours.
- Drinking alcoholic beverages will retard the healing process.
- Food that is extreme in temperature or spicy.
- Avoid using any strong mouthwashes that contain alcohol.

Things to Do:

- You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as ibuprofen (Advil) or acetaminophen (Tylenol).
- Eat a well balanced soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Rinse with a warm salt water rinse, a 1 teaspoon in an 8 oz. glass of water, 3 times a day.
- Brush your teeth very lightly in the treated area the first night. Then begin flossing lightly as well the next day, gradually increasing to normal force by the week's end.
- After flossing and brushing, rinse with chlorhexidine gluconate (Peridex), if it was prescribed, for at least 60 seconds. Do this at least twice daily.

Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health. If you have any questions or problems, please call our office. 817-275-4817