

**Implant Surgery**  
**Post Operative Instructions**

1. **Apply ice to treated area immediately after surgery** using a 10 minute on, 10 minute off routine for 24 hours. This will help prevent any swelling.
2. **Diet should consist of soft, bland foods.** No sharp items such as potato chips, tortilla chips or crackers should be eaten. Avoid extremely hot foods. Coffee, tea, and soup should be lukewarm.
3. **No strenuous exercise for 24 hours.** Relax the first day, YOU DESERVE IT!
4. **No rinsing for 1 week.** Only brush areas of the mouth that will not disrupt the implant site.
5. **You will be given Peridex Oral Rinse** to clean the teeth near the implant. Use a cotton swab soaked with Peridex in this area, DO NOT BRUSH. Brush all other areas of the mouth.
6. **Continue taking Motrin** for the next 3 days to prevent inflammation.
7. **Your return visit will be scheduled in one week.** This important appointment is part of the success of your treatment. Continued instructions and an exam of the site will take place.
8. **Please contact the office if any of the following symptoms occur:**
  - A large amount of swelling under the tongue, or around the face and neck
  - Bleeding that won't stop
  - Pain in the jaws, mouth, or sinuses that isn't relieved by prescribed medication
  - Fever
  - Numbness that does not go away after the anesthesia wears off.

**If you have any questions or experience continued discomfort, please call the office at  
(860) 276-9565 or after hours, (917) 865-0169**