

Dental Implant Phase One

Post-Op Instructions

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. Once your implant has been placed by Dr. Johnston, follow these directions and report any abnormalities to the office immediately. Our final restoration phase will begin typically around 6 months following today's implant placement.

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. DO NOT SMOKE. Do not smoke.
- Drinking alcoholic beverages will retard the healing process
- Food that is extreme in temperature or spice
- 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 saltwater rinse, 1 teaspoon of salt in an 8 ounce glass of water, 3 times a day.
- Brush your teeth very lightly in the treated area the first night. The next day, begin flossing lightly, 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.

Thank you for choosing Dr. Johnston for your implant needs! If you have any questions or problems, please call our office at 334-687-0088.