

Dr. Kenneth Cho Dentistry
721 W. Whittier Blvd, Suite A, La Habra, CA 90631
(562) 697-3008

POST-OP INSTRUCTIONS FOR IMPLANT PATIENTS

Please read and follow these instructions carefully to achieve a successful and comfortable recovery.

1. **REST** After leaving the office, rest and avoid strenuous activities for the rest of the day and next day. Keep your head elevated (extra pillow) the first two nights after the operation.
2. **DISCOMFORT** Moderate discomfort is expected for the next few days. If necessary, take the prescribed pain medication only as directed. If you are still experiencing discomfort, please call us.
3. **SWELLING** Expect some swelling – maximum swelling may occur in 3-4 days. Bruising may also occur. Immediately after the surgery, apply an ice pack to the outside of the face over the area of surgery. For the first day only, alternate applying for 20 minutes, removing for 20 minutes.
4. **BLEEDING** Slight bleeding may continue for up to around 24 hours. This is not unusual and is no cause for alarm. Rinsing interferes with blood clotting so do not rinse vigorously the first evening. If excessive bleeding occurs, it may be stopped by biting on a wet roll of gauze for 30-45 minutes. Sitting quietly in an upright position will also help control the bleeding. If bleeding still persists, call the office.
5. **FEVER** A slight fever is usual for a day or so following the surgery. Fever may also be caused by inadequate fluid intake so consume 8-12 glasses of water each day. If an antibiotic was prescribed, remember to take as directed.
6. **ALCOHOL & SMOKING** Absolutely prohibited for the first two weeks.
7. **DENTURES** Dentures may not be worn over the surgical area during the first 10 days. After that, old dentures may not be worn until refitting adjustments (relining) have been made by your dentist. Insertion of dentures too early may jeopardize successful healing.
8. **ORAL HYGIENE** After 24 hours, rinse several times daily with warm salty water, especially after eating (do not rinse the day of the surgery). Specific mouth rinses or other disinfectants (including Listerine) should not be used unless prescribed. Do not brush your teeth the first day of surgery as well. The next day, you can brush your teeth normally, but be very careful to stay away from the area of surgery. Do not touch the surgical area.
9. **DIET** Only soft foods should be consumed for the first 5 days to avoid trauma to the surgical area. To avoid irritation, also avoid hot and spicy foods. After that, you may advance your diet as tolerated. If you have no teeth, only liquids may be consumed during the first 5 days. After that, semi-liquid (mashed) food may be added to the diet.

A good diet is essential for adequate healing. A good intake of proteins, carbohydrates, fats, and vitamins can be obtained from various food supplements, such as Sego, Ensure, and Nutrament. Egnogs, milk shakes, and various instant breakfast foods are also adequate sources of nutrition. During the second week, the following soft foods require little chewing while providing necessary nutrients: soup, jello, eggs, cereal, baby foods, ground meats, cheese, custard, ice cream, and milk.

If you continue to get good nutrition, you will feel better, have more strength, experience less pain, and heal faster.
10. **PROBLEMS** If you have any questions or concerns, please do not hesitate to call our office or call Dr. Cho at (909) 518-9047.