

***West Suburban Family Dental***  
***Post-Operative Instructions for Dental Implants***

**For rapid healing, it is required that the following instruction be adhered to during the first two weeks post operatively:**

- Apply ice packs (cold) on and off (alternated) every twenty (20) minutes for the first 24 hours to reduce swelling.
- A soft diet is advised during the first six (6) days, or less, depending on the amount of implants placed and/or the area of placement. You may eat whatever you are comfortable with as long as you chew away from the area.
- Avoid Smoking.
- Avoid the consumption of alcoholic beverages.
- An elevated headrest (extra pillow) should be used during the first two (2) nights of rest postoperatively to reduce swelling in the area
- Should oozing or bleeding occur after surgery, it may be stopped by gently biting on a roll of moist gauze for 15 minutes. (If the bleeding does not stop after doing this, the surgeon should be contacted).
- The mouth should be thoroughly rinsed with Peridex after each meal.
- Commercial mouthwashes or sprays should not be used for the first week after surgery, except for Peridex.
- Dentures should NOT be worn until refitted or relined unless otherwise advised by the doctor. The wearing of an ill-fitting denture or prostheses can jeopardize a successful process.
- Take 3 Advil, 3 times per day, for the first 3 days after surgery for pain.
- Take prescription medication as directed.
- If temporary crown is placed, avoid chewing on the area

**Any questions or concerns please call the office**  
**(630) 571-3030**