

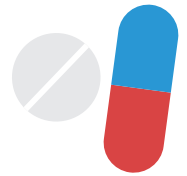
## Prior to your appointment:

- Please begin taking your antibiotic premedication one hour before your implant surgery as directed. After your surgery, you will continue taking the medication as directed until gone.
- Please bring any dentures, flippers, retainers, etc., to your appointment so that they may be adjusted for wear afterward.

## After your surgery:

### Pain

Post-operative discomfort may often be controlled with over-the-counter analgesics. For mild to moderate pain, Ibuprofen (Advil or Motrin) may be taken at a dose of 600 mg every six hours as needed for pain. In addition, Acetaminophen (Tylenol) may also be taken concurrently at a dose of 325–650 mg every six hours as needed for pain. Do not take any of the above medications if you have an allergy to them, or if you have been instructed by your physician not to take them.



For severe pain that is not controlled by over-the-counter pain medication, you may be prescribed a narcotic pain medication. If needed, take this medication as directed. If you continue to have discomfort that persists for more than one week, please inform your surgeon.

### Bleeding

Some minor oozing or redness in the saliva is normal for the first 24–48 hours after the surgery. Prolonged bleeding may be controlled by biting on gauze and applying firm, direct pressure to the bleeding wound for 30–60 minutes. If bleeding persists, please call for further instructions.

### Oral Hygiene

Good oral hygiene is essential for the healing process and to help prevent infections. Continue to gently brush your teeth and healing abutments. You have also been prescribed an antiseptic mouth rinse (Peridex) to aid with hygiene around your dental implants. Continue using this mouth rinse until your implants are restored with their permanent restorations. You may apply this mouth rinse to your surgical site with a cotton ball or Q-Tip cotton swab.



### Smoking

Smoking interferes with healing and can lead to implant failure. Please refrain from smoking as much as possible.

### Diet

Immediately following your surgery, begin with soft, cool foods. It is generally best to avoid eating excessively hard or crunchy foods for the first month after surgery, as excessive chewing pressure at the implant site may result in failure of the implant. Be sure to drink plenty of fluids. You may slowly advance to a normal diet when comfortable to do so.



### Grafting

If your surgery involved a bone graft, you may notice some gritty material in your mouth at times. This is not a concern and will subside within the first two weeks of healing. If your graft was a sinus lift, you may find you have some congestion following your surgery. Please refrain from blowing your nose as much as possible and use an over-the-counter nasal decongestant such as Claritin or pseudoephedrine to help relieve any congestion. If you are wearing prosthesis such as a denture or flipper, please make sure that you do not feel there is any undue or excessive pressure on the surgical site. If you feel your prosthesis is placing pressure on your surgical site, please contact your surgeon.

## Stitches

Generally, dissolvable stitches are placed and they will fall out on their own or dissolve in four to seven days. Please try not to disturb these stitches. If any permanent stitches are placed, your doctor will remove them at a subsequent appointment.

## Healing Time

Implants require two to six months of healing time before your dentist places your final permanent restorations. You will return to your dentist for these restorations after your final check-up and radiographs at our office.



## Emergencies

If you require unexpected follow-up during normal business hours, please contact our office. Call our West Madison office at (608) 819-8760, or our East Madison office at (608) 240-0863. For an emergency after-hours or on weekends, please contact our oral surgeon on call at (608) 259-2864.



**West Office**  
7007 Old Sauk Road  
Madison, WI 53717  
608-819-8760

**East Office**  
5302 Buttonwood Drive  
Madison, WI 53718  
608-240-0863