



# GUYETTE

Facial & Oral Surgery Center

1. Following placement of dental implants, bite firmly on the gauze until normal feeling returns to your lips and tongue. Once the feeling returns, remove the gauze and drink or eat something light. You may then take medication. If you are able to take Ibuprofen, take over-the-counter Ibuprofen (Advil, Motrin), 200 mg tablets, 3 tablets, 4 times a day, for 3-7 days after surgery. Take antibiotics and prescription medication, if prescribed, as directed on the bottle. You may take the Ibuprofen alone or take the prescription pain medication with Ibuprofen at the same time, if necessary.  
**REMEMBER:** Be sure to eat before taking your medication. Do not drive for 4 hours after taking prescription pain medication.
2. Swelling is the normal body response to surgery. In some instances, medication is given before surgery to minimize swelling. Cold packs, such as frozen bags of peas or crushed ice, can be used for the first 24 hours, 20 minutes on, 20 minutes off. Head elevation is also helpful for the first 3-4 days. Laying flat or bending over can increase swelling.
3. It is not necessary to replace the gauze packs unless you have abundant bright red bleeding. Slight "oozing" is normal and can continue throughout the day and possibly into the night. Placing a moistened tea bag on the wound and biting with firm pressure with your head elevated for approximately 90 minutes without changing can stop persistent active bleeding. Please call our office if there are further questions or if you have tried these measures and they are unsuccessful.
4. Adequate nutrition is very important. Even though it may be difficult to eat normal foods, normal or increased protein and caloric intake is recommended. Blenderized food, chicken, pasta, fish, mashed potatoes, eggs, soup, yogurt, pudding, smoothies, and instant breakfast drinks (Ensure, Ensure Plus, or Sustical can be found at the grocery store or pharmacy) can supplement your diet and help the healing process.
5. After the first 24 hours, begin saltwater rinses 3-4 times a day (1/2 tsp salt/8 oz water) for 7-10 days to aid healing. Brush the rest of your teeth normally, the day of the procedure. If the implant(s) abutments are exposed, use a Q-tip dipped in the saltwater solution to gently swab around the top of the implants 2-3 times per day until otherwise instructed by Dr. Guyette.
6. Please do not smoke. Smoking will delay the healing process and could keep the area from healing normally.
7. Activity: Light exercise, such as evening walks can begin the day following surgery, but do not lift heavy objects, bend, or return to strenuous activity for at least one week. Returning to normal activity will depend on your age and the extent of the surgery.