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**GENERAL POSTOPERATIVE INSTRUCTIONS FOR DENTAL IMPLANT  
SURGERY**

1. The single most important thing to do after implant insertion is to rest and limit your activities for a few days. If you are having a single implant inserted, you may be able to return to normal activities the day after surgery. If you are having multiple implants placed, you may prefer to take a few days off from work.
2. You should expect moderate swelling and mild to moderate discomfort after this procedure. There may also be some discoloration. Swelling may not be noticeable until the second 24 hours after surgery and will not usually peak until 72 hours after surgery.
3. We will provide you with a ice pack to place on your face adjacent to the surgical site immediately after surgery. Keep this ice pack in place in 15 minute intervals on and off for the first 5-12 hours. Cold will help only in the first 24 hours after surgery. You can make an ice pack by placing ice in a plastic bag wrapped with a light weight towel or cloth. The cold will reduce later swelling. It is advisable to also gently rinse your mouth with ice water every 30 minutes. Swelling will gradually increase over the first few post-operative days and generally peak around three days postop.
4. You will take an antibiotic ( ) after the surgery. Take the antibiotic as the label directs.
5. Comfort will be maintained by taking your pain medication(s) ( ) as prescribed, especially the first three days. Even though a narcotic analgesic may have been prescribed, Dr. Ross recommends the use of ALEVE (naproxen) if you are able to take it (1<sup>st</sup> day: 1 tablet ASAP, 2<sup>nd</sup> tablet 3 hours later; 3<sup>rd</sup> tablet 6 hours after 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> day follow directions on bottle ).

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6. There is usually only a minimal amount of bleeding following implant surgery. If you notice a small amount of bleeding from the implant area, rinse gently with cold water. If bleeding continues, you may place a damp gauze, damp paper towel, or damp tea bag over the area and apply pressure for at least 20 minutes directly to the area of bleeding. If significant bleeding persists call the office or the doctor's cell phone.
7. Keep the surgical site clean by rinsing or swabbing with the prescription chlorhexidine rinse (Peridex or Periogard). After the initial two week healing period, cleaning will be very important. We will instruct you on how to clean the implant site at that time.
8. Diet and nutrition are very important. Eat a normal balanced diet. Do not chew anything but soft foods for the first two weeks if you have no natural teeth. Care should be taken to gently rinse food from around the implant surgical site after eating. If you have natural teeth in the area of the mouth affected by the implant surgery, you can eat normally on those natural teeth. As soreness disappears, you will gradually be able to chew more normally.
  - a. Do not Chew on the new implant(s) for 4-6 months as directed. Chewing on the implant(s) before the bone can heal during the prescribed 4-6 month healing period can irreparably damage your new implant(S).
9. Alcoholic beverages and cigarette smoking seriously retard the healing process in the mouth. It is best that you have no alcoholic beverages the first ten days and avoid cigarette smoking.
10. If sutures (stitches) loosen or if the gum appears to open, it is very important that we see you as soon as possible to inspect the area. Do not hesitate to call us if you have any questions about healing.
11. The implant will be an excellent service to you if it heals properly. You will be given an appointment to remove stitches (sutures) 1-2 weeks after surgery. Appointments should be kept as scheduled. Delay in removing sutures or missing your postoperative appointments will delay healing. If you normally take an antibiotic premedication for dental appointments please be sure to take it at your next appointment.