

## DENTAL IMPLANT

### Post-Operative Instructions

**Medications:** Please take all medications as directed. Ibuprofen is prescribed to alleviate both pain and swelling, and should be taken for a minimum of 3 days, every 6 hours, then as needed. If you have been prescribed Vicodin, Norco, Tylenol #3, or any other narcotic, you CANNOT drive or operate heavy machinery as these drugs will make you drowsy, and may cause constipation as well.

**Antibiotics:** You must take the antibiotics until all of the pills are gone. Be aware that antibiotic medication can counteract the effects of birth control pills, as well as cause diarrhea in some patients. If this side effect occurs, please contact the doctor.

**Pain:** You will experience the most pain/swelling approximately 2-4 days after the surgery, and bruising does occasionally occur. Use ice packs for the first few days for 20 minutes on and 20 minutes off, and keep your head elevated. Pain and swelling should become less pronounced after 2-4 days. If at any time after that period you have new pain, or new swelling, please call the doctor.

**Bleeding:** Some minimal bleeding is expected after the procedure, however, if at any time there is excessive bleeding, the first thing you should do is apply firm pressure with the gauze that was provided for 10 minutes. If the bleeding does not stop, please call the doctor.

**Oral Hygiene:** Do not brush or floss the surgical site until you see your doctor for the follow-up visit. You may use an antibacterial rinse if prescribed (Peridex or Perioguard), warm salt water rinses, or a diluted OTC mouth rinse as directed.

**Eating:** Drink plenty of fluids to remain hydrated after the procedure. Avoid eating immediately after the procedure as you will still be numb from the anesthetic. You may eat very soft foods on the opposite side of your mouth (a separate sheet can be provided with examples of foods you can eat). Do NOT eat directly on the implant site for approximately 1 month. Avoid heavy lifting and strenuous physical activities for at least 1 week. Ask your doctor about specific exercise routines for more information on when you may resume these activities.

If you have any questions please call

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