



# ADVANCED PERIODONTICS & IMPLANT DENTISTRY

## Post Treatment Instructions for Patients Receiving Dental Implants

When the anesthesia wears off, you are expected to feel some discomfort in the region of the surgery. To help limit this discomfort or swelling, take 600 mg (same as 3 tablets of 200 mg Advil.) of Ibuprofen before surgery and continue to take it every 4-6 hours. (If the doctor prescribed another regimen, disregard this.)

The antibiotic prescribed should be taken as described. (Please advise us if you are allergic to any medication.)

Temporary swelling can be expected. To help reduce this keep ice on affected area (on the face) for periods of five minutes (on/off) for the first 24 to 48 hours. If possible, an elevated headrest (an extra pillow) should be used during the first two nights to also reduce swelling. After 2 days, place a warm compress over your face.

To help reduce bleeding, do not spit or rinse your mouth for 24 hours (except for prescription rinsing). Placing a wet tea bag and applying pressure for 5-10 minutes can help to control bleeding. Note- you may have bloodstains on your pillow for the first few mornings.

You may brush your teeth as normal except to avoid contact to the surgical wound.

Do not wear your partial/full denture until allowed by Dr. Nejat. Insertion of dentures too early may jeopardize a successful healing process.

You should be on a soft or liquid diet during the first week after surgery, (especially avoiding nuts, popcorn, seedy foods) to avoid food particles contaminating the wound.

All smoking and alcoholic beverages should be avoided at least one week prior to the implant surgery.

Consumption of alcoholic beverages & smoking is not allowed during time period because it will jeopardize the success of the surgery.

Do not hesitate to contact us if you have any questions. Remember, we are here for you!

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Hazlet, NJ  
883 Poole Ave 07730  
732.264.9050

Rockefeller Center  
630 5th Avenue Suite 1803  
New York, NY 10020  
212.581.1090

Nutley, NJ  
230 Centre St. 07110  
973.661.2992

[WWW.GUMSURGERY.COM](http://WWW.GUMSURGERY.COM)