

Immediate Post-Operative Care of Dental Implants

For the Patients of Dr. Robert Alvarenga

- Keep your head elevated above your heart for the next 24 hours. Use an extra pillow when lying down.
- Avoid strenuous (aerobic) activity for at least 5-7 days.
- Keep ice pack wrapped in paper towel or wash cloth on face for 20 minutes on and 20 minutes off as much as possible for the first 24 hours.
- Take pain medication as soon as possible and continue antibiotic if it was prescribed for you.
- Liquid diet for today. Soft foods starting tomorrow for 7-10 days. Soft foods include well cooked pasta, soft cereal, soup, yogurt, fish, soft bread etc.
- Avoid alcohol today and smoking for 10 days.
- Do not brush/floss or rinse today. Starting tomorrow you can brush/floss everywhere in your mouth except the surgical site. Do not brush the surgical site for 10 days.
- Start rinsing with Peridex tomorrow twice a day.
- If there were sutures used they are dissolving and will come out on their own. We may remove sutures at your post-operative visit.
- Call if you continue to feel numbness after the local anesthetic wears off.
- A healing cap was screwed into the implant. It is flush with your gums or may stick up a little. If that becomes loose and or comes out please call us as soon as possible. If left out too long the gum tissue will grow over the implant.

Please call Dr. Alvarenga if you have persistent pain, swelling, any questions or concerns.

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