

**RONALD J. LASCOE, D.M.D.**

**MARC Y. WAKI, D.D.S.**

**TAYLOR M. HOANG, D.D.S.**, Diplomate, American Board of Periodontology

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PERIODONTICS

DENTAL IMPLANTS

Toluca Lake Center

3808 Riverside Drive

Suite 204

Burbank, CA 91505

(818) 842-6162

(818) 842-2052 fax

## **POST OPERATIVE INSTRUCTIONS FOLLOWING DENTAL IMPLANTS**

For rapid healing, it is essential that the following directions be adhered to during the first week.

### **DIET**

A soft diet should be maintained during the first two days. Suggestions: cottage cheese, yogurt, cool pasta salad, etc. Avoid eating on the implant area for the week. If this is not possible, (if you have implants on left and right sides), you should continue the soft diet for one week.

### **SPECIAL MEDICATIONS**

Pain medications should be taken before the anesthetic completely wears off. **DO NOT** wait for the pain to become severe. Continue taking medication as necessary, tapering off to Advil, Nuprin or Tylenol. **DO NOT** drink any alcoholic beverages while taking prescription medications.

### **ORAL HYGIENE**

**Do Not** rinse for the first 24 hours following the implant surgery. The rest of the mouth may be brushed as normal avoiding the implant area. Try to refrain from smoking for the first week of healing. Smoking will delay healing and can cause infection.

**NOTE\*\*\*** Partials or dentures may **not** be worn unless specified by the doctor.

### **SWELLING**

An ice pack on the outside of the face over the implant area will minimize swelling. This should be done for the first 24 hours following treatment, 15 minutes on and 15 minutes off for the first 3-4 hours, then 15 minutes every hour for the rest of the day. An elevated head rest (extra pillow) should be used for the first two nights.

**ABSOLUTELY NO ALCOHOL** for seven days following surgery.