



Great Bay Oral Surgery  
A s s o c i a t e s P A  
Center for Dental Implants

# Implant Postoperative Instructions

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**Somerset Office: (603) 692-6598 • Portsmouth Office: (603) 431-8427**

*We are committed to providing the same quality of care following procedures that began during your initial visit. To that end, please refer to some general postoperative guidelines below, and by all means, CALL at any hour of any day to report a continuing problem of lingering concern.*

- **Do not disturb the area of surgery.** The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing on hard or chewy items.
- **A small "healing cap"** can be seen flush against your gum tissue. Keep the area clean by gently brushing with a soft bristled toothbrush and rinsing with warm water. Do not use electronic toothbrushes. The rinsing can be done frequently, 2-4 times per day.
- **If the "healing cap" loosens or comes off,** please call the office within a 48-hour period of time.
- **If some degree of discomfort arises,** take one or two Advil, Tylenol or Aspirin and repeat every 4 hours as necessary, or take the pain medication prescribed according to the instructions on the container.
- **If there is any discomfort,** you can apply ice to the outside of your face for 20 minutes ON/OFF cycle; this will relieve discomfort as well as prevent any swelling.
- **Take any regularly scheduled medication** (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.
- **Do not drive an automobile for 24 hours following surgery** if you have had intravenous sedation or if you are taking prescription pain medication.
- **If a sinus floor augmentation (Lift) was performed** in conjunction with upper implants.
  - a) **Do not blow** your nose.
  - b) **Do not cover** your mouth when you sneeze or hold back.
  - c) **Do not smoke** or use a straw.
  - d) **Avoid swimming** and strenuous exercise for at least one week.
  - e) **It is not uncommon** to have a slight amount of bleeding from the nose for several days.
  - f) **Please remember** that occasionally a second procedure may be required if there is persistent communication.
- If tense facial muscles occur or black and blue marks appear on the skin during the first few days, apply warm moist heat to the area.
- You will be seen in one week for a brief follow-up visit to evaluate how you are healing.

Faithful compliance with these instructions will add to your comfort and hasten your recovery.

Be sure to follow these instructions carefully. Only in this way will you avoid the complications, which lead to unnecessary discomfort and delayed recovery. Should any undue reaction or complications arise, notify the office immediately.

If you need to contact us after hours, please call either office at:  
603-692-6598 or 603-431-8427

Occasionally, your messages do not reach our pagers. If you do not hear from us within one-half hour, please call back and follow the prompts to page the office again. Do this until your page has been answered.

If at any time, you feel this is a life threatening emergency call 911 or go to the local emergency room.