

After Placement of a Dental Implant - Please review these

instructions with your healthcare team. Following them will lead to the best outcome. If needed after business hours, Dr. Krakora's cell: 412-728-3331. Thanks for choosing our practice! We want you to get better soon. Go to www.newteethnewlife.com for more information about implants. We commend you for improving your oral health! After 4 to 6 months of healing we will help arrange the appointment with your dentist who builds the crown on the dental implant.

1. **Keep pressure on the implant with gauze until the bleeding slows.**
Pressure will stop bleeding. It's normal to see bleeding for the first 2 to 3 days. If pressure is placed on adjacent teeth and not on the implant bleeding may continue. Fold the gauze tight to fit the space. A little blood mixes with a lot of saliva and can look like a lot blood.
2. **Protect the Dental Implant for the first week.** No vigorous mouth rinses or spitting. Vigorous mouth rinses and spitting dislodge the blood clot and promotes bleeding. **It's ok to brush teeth** and keep your mouth clean. Be careful around the implant. Don't brush the metal cap for the first week after surgery. Start brushing the metal cap after the 1st week, once the gum tissue has healed. Even though it has healed, it will still be sore and may bleed. Don't worry you will not damage your implant or delay healing. Use the blue mouth rinse, just let it sit for 1 min and then fall out.
3. **It's ok to eat** soon after the implant. Chew on the other side.
4. **Take Ibuprofen 800mg, that's 4x200mg, and Tylenol 1000mg.** You may take them together every 8 hours or alternate between the medicines every 4 hours. Do this as a base pain medication for the next several days. If you have any stomach ulcer problems or allergies do not take it. It is available over the counter.
5. **Take the narcotic as needed every 4 – 6 hours.** It's ok to take the narcotic we are prescribing for you with the ibuprofen and Tylenol. Take the ibuprofen and Tylenol as a base, and the narcotic on top of it, together. It's ok to take them together, but it may make your stomach upset. Take them with food, especially the narcotic. If the narcotic makes you sick, cut in half or quarters and take with food.
6. **Avoid smoking.** Nicotine constricts blood vessels. As a result it delays healing, causes more pain, more bone chips, more infections. If you smoke please anticipate 2 to 3 weeks of pain and a higher implant failure rate.
7. **Apply wrapped ice**, 20 min on and 20 min off for the first several days. Heat after that.
8. **Common Problems**
 - a. **Pain and swelling** – Peak around days 3 and 4. Don't be alarmed that it gets worse. Keep taking the ibuprofen and Narcotic.
 - b. **Bleeding** – It's normal to see bleeding for the first 2 to 3 days. Keep your head elevated and pressure on the implant.

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- c. **Bone Chips** –The bone chips will work their way out over time. Exposed bone will heal over time.
- d. **Stitches** – They will get soft, break and come out over the next several days.