

**POST OPERATIVE INSTRUCTIONS
FOR PATIENTS RECEIVING OSSEOINTEGRATED IMPLANTS**

It is essential for the early healing process that the following directions are observed during the first two weeks after surgery:

1. For patients having **one to two implants** placed; avoid chewing in the area of your surgery. A soft diet should be maintained for 2 to 3 days depending on your surgeon's instructions. Smoking and alcoholic beverages should be avoided during the post operative healing time.

For patients having **full** lower or upper implants placed, only liquid foods may be consumed during the first 6 days in order to avoid inadvertent food particles contaminating the surgery area. Semi-liquid (mashed) food may be added to the diet during the second week. Smoking and alcoholic beverages should be avoided during the post operative healing time.

2. If possible, an elevated headrest (an extra pillow) should be used the first two nights after surgery to help reduce swelling.
3. Should any oozing or bleeding occur in the surgical area, it may be stopped by biting softly on gauze for 15 minutes. If the bleeding does not stop, your surgeon should be contacted.
4. After each meal, the mouth should be thoroughly rinsed with salt-water solution.
5. Non-prescribed mouth rinses or other disinfectants should not be used during your healing period.
6. Old dentures may not be worn until they have been relined. Insertion of dentures too early may jeopardize a successful healing process.
7. Loss of a healing cap is not an emergency. It is approximately 1mm in length. Please contact the office during office hours to schedule an appointment to have it re-placed.