



Post-Operative Instructions for Dental Implants

Swelling: In some cases, puffiness and swelling may result and should not cause alarm. This may be kept at a minimum by holding an ice bag on the outside of the face, adjacent to the surgical to area for the first 6-8 hours after your visit. Leave it on for 15 minutes, then off for 15 minutes.

Bleeding: It is normal for saliva to be slightly streaked with blood. In order to stop bleeding, place a moist piece of gauze or cold wet squeezed tea bag over the surgical site and bit down for 20 minutes. Repeat if necessary. Keep fingers and tongue away from surgical site.

Rinses: Do not rinse mouth until the following day. On the morning following surgery, rinse mouth thoroughly with Peridex, Listerine, or warm salt water (1/2 teaspoon salt + 6 oz. warm water). Repeat this after each meal or the first two weeks.

Denture: Dentures should not be worn until the denture has been relined or adjusted. Insertion of dentures too early may jeopardize a successful healing process .

Diet: To prevent any inadvertent food particles from contaminating or injuring the surgical site, you should only consume liquid or mashed foods during the first two weeks. Some example are: Fruit juices, ice creams, soups, ensure carnation breakfast custards, mashed potatoes, peas, corn, and any food mashed in a blender. Smoking and consumption of alcoholic beverages should be avoided during the first two weeks.

Sleeping: Keep your head elevated with two pillows while sleeping.

Medication: Following dental surgery, it is normal to experience some discomfort. If medications have been prescribed, take as directed. Please note the following:

- All medications may produce allergic reactions and/or side effects.
- Narcotics will impede driving, using machinery and mental alertness.
- Antibiotics may negate birth control medications. Use alternative methods.

Balle & Associates for Quality Dental Care

Balle & Associates provides important pre- and post-operation instructions along with proper cleaning and oral hygiene information such as flossing, brushing, and diet. Along with being a member of the American Academy of Implant Dentistry, American Dental Association, Nevada Dental Association, and a delegate for Southern Nevada Dental Society, Dr. Peter S. Balle, as well as Dr. Tate W. Guild, have advanced training in dental implants and surgically place and restore dental implants. Balle & Associates cosmetic and general dentistry of Las Vegas, Nevada would be glad to answer any of your questions pertaining to any of the dental techniques and information in our web site. For more information, please tour our site www.balledds.com or call us at (702) 877-6608.