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NEW IMPLANT

PAIN: You may have some discomfort after the anesthesia wears off. Most discomfort can be controlled by non-steroidal anti-inflammatories (Advil/Motrin), taken with water every three to four hours as needed. The prescription should be utilized as necessary.

ANTIBIOTICS: Antibiotics may be prescribed depending upon the surgical procedure. It is important that the antibiotic be taken as completely as directed.

SWELLING: You may experience swelling. To help alleviate this, apply an ice pack to the outside of the face for ½ hour on and ½ hour off for the first 3 to 4 hours.

BLEEDING: Do not be concerned if traces of blood are noted in the saliva for several hours after the operation. If bleeding occurs, place pressure on area with gauze for 30-60 minutes.

DO NOT RINSE YOUR MOUTH VIGOROUSLY OR SPIT FOR THE FIRST FEW HOURS

ORAL HYGIENE: Maintain meticulous oral hygiene in all areas of the mouth **EXCEPT** at the surgery site. **RINSE MOUTH WITH WARM SALT WATER AFTER MEALS.** If you have a healing abutment visible above the gum level, you may start brushing the healing abutment 3 weeks after the surgery.

NUTRITION: Maintain a healthy diet of soft, protein rich foods such as: eggs, ground meat, protein shakes, puddings, yogurt, cottage cheese, soups or meal supplements such as Ensure. You may take a Vitamin C supplement. Avoid hot, spicy or acidic foods. If possible, chew on opposite side of the mouth.

CAUTION: Medication given during surgery may cause drowsiness. We recommend that you not drink alcohol, operate a car or heavy machinery for 2 days after the surgery. We recommend that you eliminate smoking as it will significantly delay the healing process.

EXERCISE: No strenuous exercise for 48 hours. Moderate exercise is allowed for the remainder of the healing process.

This form is provided for information and education purposes only.

Please use it for your benefit and contact our office if you have any additional questions or concerns.