



Implant Supported Smile

POST-OP INSTRUCTIONS

Soft food diet for 4-6 months while in your current temporary teeth! This is critical to avoid early implant failure. If you cannot cut the food with a plastic fork then it is too hard.

HYGIENE

During the first week of healing the gums will be too sore for vigorous cleaning. At your one-week post-op, we discuss home care in more detail.

BRUSHING

Do not brush for 24 hours after surgery. You should begin gently using a soft bristle brush on day 2 without toothpaste. You can begin using non-abrasive toothpaste (no whitening toothpaste) on day 7 if it is comfortable.

Brush the teeth as well as the gum line.

RINSING

Do not rinse the day of surgery. The following day you should gently rinse with StellaLife Rinse 3-4 times daily. StellaLife Gel should also be applied to the surgical site with a cotton swab.

Warm salt water (1tsp salt per 1 cup water) can be used as well. We will send you home with a monoject syringe to very gently rinse underneath the temporary teeth.

FLOSS

Avoid using floss for the first week. Flossing is crucial to long-term success, but we don't want you to disturb the healing gums.

After the first week, use a floss threader or Superfloss underneath your new teeth.

Floss in between each implant, scraping against the sides of them. Don't forget to floss behind the back implants

WATERPIK

Do not use a WaterPik for the first 4 weeks. Then, use a WaterPik or other water flosser twice daily to clean the underside of your new teeth and around the implants.





PAIN

Follow the attached Pain Pack protocol for detailed instructions on how to take pain meds. Following this protocol will help avoid significant pain and will minimize the risk of taking narcotic pain medication.

If you are taking Plavix, Coumadin or other blood thinners, avoid taking ibuprofen or aspirin for pain relief.



BLEEDING

Bleeding after the procedure is not uncommon. To stop the bleeding gently bite on moist gauze for 30 minutes with your head elevated.

You may see red-tinted saliva for the first 2-3 days. This does not indicate a problem. If heavy bleeding occurs, contact our office.

REST

Plan to rest for the first 3-4 days after surgery. Bending, lifting, or strenuous activity will result in increased bleeding, swelling and pain. Exercise should be avoided for 7 days following surgery.



BRUISING & SWELLING

Swelling is normal and expected after any surgery. Swelling can be significant. Black eyes may occur and bruising may extend down to the neck and chest. Swelling may take 24 hours to appear and will peak at day 3-4. Swelling will improve after this but may still be present for another week.

To minimize swelling, keep ice packs on the outside of your cheeks as much as possible for the first 24 hours. 15 minutes on with ice, then 15 minutes off.

TEMPORARY TEETH



These are just the temporary teeth, not the finals! They are very weak and prone to fracture. Remember: soft food diet! These teeth will have some esthetic, phonetic and bite imperfections. All of these will be addressed and fixed for the permanent teeth in 4-6 months.

