

**POST-OPERATIVE INSTRUCTIONS AFTER DENTAL IMPLANT  
SURGERY**

1. Keep mouth clean with regular oral hygiene.
2. Use Chlorhexidine mouth rinse as directed by Dr. Raj. Use a Q-tip dipped in the mouth rinse to clean around the teeth adjacent to surgery site for the next 7 days. If a healing abutment was placed, clean around it with the Q-tip as well for the next 7 days. After that, use an end-tuft toothbrush dipped in the mouth rinse around the implant. This mouth rinse will be used for the life of the implant.
3. **No** vigorous rinsing for 48 hours following surgery.
4. **No** lifting your lip to look at the surgical site. It may cause the suture to loosen.
5. **No** applying pressure to implants with tongue or fingers.
6. **No** smoking for 2 weeks after the surgery, as this leads to delayed healing. People who smoke increase the risk of implant failure.
7. **No** drinking any alcoholic beverages for the first 10 days following surgery.
8. It is very important to get lots of rest. When resting, elevate your head with two pillows for two days after surgery to minimize swelling.
9. Take antibiotics as indicated on the label until EVERY tablet is gone. The antibiotics help prevent infection.
10. Take the pain medication as prescribed, even if you have no pain. The **MOTRIN** or **IBUPROFEN** decreases inflammation.
11. **Bleeding-** Bleeding is normal following surgery and your saliva may be tinged with blood for up to 24 hours. If you notice a small amount of bleeding from the area, leave your gauze in or place a new one. If bleeding persists, place a wet tea bag wrapped in gauze on the area and apply pressure until the bleeding stops.
12. **Swelling-** Use an icepack, or frozen peas/vegetables, on the side of your face over the surgical area immediately after surgery to minimize swelling. Continue with the icepack 20 minutes on and 20 minutes off or as often as possible for first 24 hours. Please wrap your icepack in a light towel or cloth. After 48 hours, heat will relieve swelling, a heating pad or warm compresses may be applied. 20 minutes on, and 20 minutes off.
13. **Dentures-** Use denture as directed by Dr. Raj. Apply Kenalog (orabase 5g tube) in implant area inside of denture; coat the surgical area with a thin film (using a Q-tip) 2-3 times a day.
14. **Augmentation-** If you receive augmentation, you may notice small granules in your mouth for the first several days following your surgery. This is normal, and if any of the material is swallowed, it will not harm you.

# Dr. Vikas Raj Dental Corp.

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**Diet-** Diet and nutrition are very important. Avoid temperature hot, spicy, hard, crusty foods, as well as small seeds. Also avoid acidic foods, such as tomatoes, orange juice, citrus fruits, as they may be irritating to the tissues.

Take **500mg of VITAMIN C per day** to aid in healing and **1000mg of CALCIUM per day**, either from the diet or supplement.

**Diet Suggestions:** Eat soft foods containing **PROTEIN** and **VITAMIN B Complex**.

Milk	Broths – soups	Eggs
Baby food	Yogurt	Custard – pudding
Ice cream	Cottage cheese	Whole grain or enriched cereals
Stewed Chicken	Mashed potatoes	Cooked vegetables

Food supplements such as **METRECAL, BOOST or ENSURE** are highly recommended if you have difficulty obtaining an adequately balanced diet. They can be purchased at most pharmacies.

*If you have any questions or concerns after hours,  
 check our website at [www.accessdentalkelowna.ca](http://www.accessdentalkelowna.ca) or please call  
 Dr. Raj at 778-538-0074*