

San Luis Oral and Maxillofacial Surgery and Dental Implant Center

Dr. Adam J. Janette, D.D.S.

77 Casa Street, Suite 101
San Luis Obispo, CA 93405
805.541.5611

POST-OPERATIVE GUIDELINES FOR PATIENTS RECEIVING OSSEOINTEGRATED IMPLANTS

For rapid healing, it is essential that the following directions be adhered to during the first two weeks post-operatively:

1. Please take prescribed antibiotics as directed. These are essential to prevent infection.
2. Only semi-liquid (mashed) foods are advised during the first six days in order to avoid food particles from lodging in the wound. Soft foods may be added to the diet during the second week. Smoking and consumption of alcoholic beverages should be avoided.
3. An elevated head rest (extra pillow) should be used during the first two nights of rest post-operatively to reduce swelling in the area.
4. Should oozing or bleeding occur after surgery, it may be stopped by gently biting on a roll of moist gauze for fifteen (15) minutes. If the bleeding does not stop after doing this, the surgeon should be contacted.
5. The mouth should be thoroughly rinsed with a salt water solution (1 level teaspoon in 8 oz. of warm water) after each meal.
6. Commercial mouth washes or sprays should not be used.
7. Dentures may NOT be worn until refitted or relined by the dentist. The wearing of dentures may jeopardize a successful healing process.
8. Do not engage in sports such as scuba diving or snorkel swimming.
9. Strict adherence to these instructions may prevent the necessity of surgical closure at some later date.
10. Please call our office at 541-5611 if you have any questions or any unusual occurrences related to the healing of the implant area (24 hour answering service).