

ARROWHEAD LAKES DENTISTRY

Jeffrey Fellner, DDS
Ronald Shelley, DMD MAGD
20265 North 59th Avenue, Suite B5
Glendale, Arizona 85308
623-362-9616
623-362-2514 (fax)

**THIS INFORMATION IS FOR GENERAL USE ONLY.
YOUR INDIVIDUAL SITUATION MAY VARY.
CONSULT YOUR DENTIST FOR SPECIFIC
RECOMMENDATIONS.**

Implant Surgery

The following instructions are provided in order to make the healing phase of the surgery as comfortable and rapid as possible.

1. Take the medications as previously directed. If you have an unexpected response from the medication such as:
 - A. Nausea or vomiting
 - B. A rash or itching
 - C. Diarrhea
 - D. Difficulty breathingCALL THE OFFICE FOR FURTHER INSTRUCTIONS.
2. Apply ice externally to the area 30 minutes of each hour for the next 48 hours to reduce swelling and discomfort.
3. If gauze was placed in your mouth, apply pressure by biting for at least 1 hour to control the bleeding. Remove and discard the gauze. Some oozing of the area is possible, but if bleeding continues, apply more pressure with gauze and continue for at least ½ hour until bleeding stops. Continue as necessary to control bleeding.
4. If a denture was placed over the surgical site, leave it in place for the next 24 hours except for cleaning of the denture and to control bleeding. If necessary due to bleeding, remove the denture, control the bleeding, and then replace the denture. If the denture is left out of the mouth for too long, the swelling may prevent the denture from seating properly.
5. The numbness may last up to 6 to 8 hours, be careful not to injure your lip, tongue, or cheek.
6. A liquid diet for 24 to 48 hours is recommended, such as Meritene power supplemented with milk or Insure for proper nutrition. Multi-vitamins containing Vitamins B, C, Beta Carotene, and Zinc are helpful in healing. 1000mg of Vitamin C is strongly recommended for faster healing. After 24 to 48 hours a soft diet is acceptable and you may progress to a regular diet as swelling and discomfort permit.
7. Absolutely refrain for 3 days after the surgery:
 - A. Tobacco (of any form)
 - B. Alcohol
 - C. Citrus fruits or juices
 - D. Carbonated beverages
 - E. Commercial mouth rinses (unless prescribed by this office)Normal patterns may be resumed after 3 days.
8. The sutures will be removed in seven to fourteen days. Do not pull too hard on your lips or cheeks to lock at the sutures as it is easy to break. Please make the appropriate appointment for suture removal.
9. Notify the office immediately if:
 - A. Bleeding remains uncontrolled for more than 3 to 4 hours and bleeding control procedures are ineffective.
 - B. Pain and/or swelling persists or increases after 2 to 3 days
 - C. Your temperature becomes and/or remains elevated (100° or higher).
 - D. You have an unexpected response from your medication.

Contact the office if you have any questions. Thank you.