

Post Operative Instructions After Implant Surgery

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Congratulations! You have just benefited from implant surgery. The outcome of your surgery is partially dependant on your home care during healing phase. Please take a few moments to familiarize yourself with these simple instructions and ensure a lifetime of chewing with your implant.

- Implants are made of sterilized titanium and inserted with sterile techniques. Unfortunately, the human mouth is not a sterile environment. To facilitate healing and prevent infections, you have been given a prescription for antibiotics. Please take the antibiotics until they are all gone.
- Please resume your normal oral hygiene care as soon as your mouth feels comfortable. In the meantime, use a mouthwash after every meal. You may use a 50/50 mixture of water and hydrogen peroxide. Warm salt water rinses can be very soothing if you experience significant discomfort. Use a very soft brush or a Q-tip dipped in peroxide to clean the visible portion of your implant daily. **Do not use an ultrasonic tooth brush (Sonic-care) for the entire healing period (Four months).** The ultrasonic waves generated by the ultrasonic tooth brush will interfere with healing causing loss of implant.
- Do not smoke. Smoking is the number one cause of implant failure.
- You will want to eat softer foods for the first week. Remember that bone healing depends on good general health. You can help ensure that your health is optimized by daily vitamin supplementation. The typical diet may be poor in calcium. Please take a calcium supplement and a vitamin D supplement during the healing period. Most multivitamins with calcium will be sufficient.
- You may be wearing a temporary restoration. If so, it needs to not irritate your implant during healing. If you notice any irritation caused by your temporary, please let us know immediately.