

# Gentle Dental

# INSTRUCTIONS

## Post-Dental Implant(s) Placement

- Take your medications as directed by your dentist.
- Avoid smoking.
- Avoid sucking liquid through a straw.
- Expect swelling, discomfort, and bruising at the surgical site.
- Do not lift or pull on the lip or cheek to look at the sutures.
- Rest. Do not exercise in any form for a few days.
- During the 24-hour period following surgery, place an ice pack (applying light pressure) on your cheek for 20 minutes on / 20 minutes off.
- In the case of multiple implant placement, stay on a liquid diet for 2 days (Ensure or Boost meal replacement shakes are recommended); then soft foods (the consistency of mashed potatoes or scrambled eggs) may be consumed following the second day for at least 2 weeks (until mucosal incision has closed completely).
- Do not wear a provisional prosthesis (denture) for 2 weeks following your surgery. After 2 weeks, the provisional prosthesis can be worn, but you should not eat with it or wear it overnight.
- Do not brush or floss near the surgical site for a few days, after this you may brush and floss very lightly for 4 weeks before returning to routine brushing and flossing.
- Dental Implants take a few months to fully integrate. During this time avoid eating hard foods around the side of the dental implant(s).
- Sutures will be removed after 2 weeks at your post operative appointment.
- Notify us if your medications do not relieve you of the discomfort or if you have any questions. **Please contact us at #604-371-0801.**