



Raul S. Molina, D.M.D., M.S.
Board-Certified Periodontist

Post-op Care Instructions For Implant Surgery

The initial healing period typically takes from one to two weeks. Complete healing of the bone can take approximately three months, depending on your care of this area. Some discomfort, bleeding and swelling should be expected in the next 24 hours as your mouth heals. You can promote faster healing and avoid complications by simply following these instructions:

- Do not disturb the wound. We recommend that you avoid stretching your mouth to look at the site, use caution when washing your face, and avoid playing with your tongue on the surgical sites. In doing so you may invite irritation, infection and/or bleeding.
- Do not use tobacco products for 3-4 weeks after surgery. Smoke can interfere with the healing process by slowing it down.
- Bleeding. There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours; frank bleeding (bright red) is not to be expected. Should bleeding occur, simple pressure from a piece of gauze is usually all that is needed to control it. Saliva can be swallowed, even if slightly blood tinged. If it continues, place a moistened black tea bag (not herbal tea) over the area and hold it over the bleeding site with firm pressure for 15 minutes. If bleeding does not stop and you become concerned, please call for further instruction and/or assistance.
- Swelling. Most people get some swelling and, if they do, it usually happens about 48-72 hours after the surgery. To prevent it, apply an ice pack or a cold towel to the outside of your face in the area of the surgery during the first 24 hours. Apply alternately, 10-20 minutes on then 10-20 minutes off. If you follow these instructions you should have less swelling than you would have otherwise. If swelling appears 24 hours after the procedure, be patient, apply warm moist heat and this will help diminish it. Also keep taking your anti-inflammatory medication (ibuprofen) as directed. Omega 3, Turmeric, and the Pineapple core are great anti-inflammatory and healing inducing ingredients to introduce in your diet in a delish smoothie!
- Discoloration. Some discoloration or bruising of the skin may occur. This is normal.

3990 San Jose Park Drive
Jacksonville, FL 32217
Ph 904.731.1324
After hours Ph 904.314.2507



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- Medications. Some discomfort is normal after surgery. Please follow the instruction on the bottle for any medications prescribed. If any adverse reaction to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medication immediately. Generally, we prescribe these medications for implant surgery patients:
 - Mild/Moderate Pain: Ibuprofen is an anti-inflammatory and non-narcotic pain killer. This medicine will help prevent swelling along with reducing pain. We recommend that one tablet is taken either prior to surgery or prior to the local anesthetic wearing off. Be sure to have some food in your stomach when taking this medicine – it can upset stomachs. This is your “baseline” pain medication.
 - Moderate/Sever Pain: Acetaminophen with oxycodone is a narcotic pain reliever and can be taken in addition to the ibuprofen, if there is still discomfort. Since acetaminophen with oxycodone can cause drowsiness, it is best taken before bedtime, if needed.
- Mouth Rinse: Rinsing with stella life and/or Closys mouth rinse can begin the night after surgery. First, brush and floss as directed below, and then use the mouth rinse. This medication will keep the surgical area clean while it heals. Rinse twice daily for 30 seconds and then DO NOT rinse (with water) or eat for one hour after using it.
- Antibiotics: Carefully follow the instructions and finish the antibiotics until they are completely gone, as long as there are no adverse reactions or discomfort (redness, itching, etc.)
- Anesthesia Warning. When a local anesthetic is used your lip, tongue and cheek will be numb for several hours after the procedure. While it is numb, it will feel "funny." During this period you must be careful not to bite, chew, pinch and/or scratch this area, which can lead to serious soft tissue trauma.
- Wearing Dentures or Partials. Under no circumstances should you ever wear your denture or partials unless otherwise instructed by your doctor. Your denture will have to be **adjusted by your dentist throughout healing and after tissue maturation to alleviate pressure on the implant.**

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- **Brushing.** For several days after the surgery, it is important to keep the area as clean as possible to prevent infection and promote healing. Do not directly brush the site for the first three to four days after oral surgery. Instead this area can be gently and carefully wiped with a clean, wet gauze pad or cloth. After this time you may carefully brush your teeth around this area and floss gently.
- **Diet.** For the first 24-48 hours, you should maintain a diet of soft foods, such as Jell-O, pudding, yogurt, mashed potatoes, soups, etc. Food that crumbles such as potato chips, popcorn, crackers, cookies, etc. should be avoided, as well as seedy fruits like strawberries and blackberries. Hot spicy foods should also be avoided to prevent irritation and burns of the implant site. Also avoid carbonated beverages for three to four days.
Eating immediately following the procedure is not recommended. When the numbness has worn off you may eat, yet be sure to chew on the opposite side for the first 24 hours in order to keep food away from the implant site. Also, keep anything sharp from entering the wound (e.g., eating utensils, fingers and other objects, etc.). It is also important to drink plenty of fluids in between meals and with meals. Return to normal diet as tolerated.
- **Activity.** For the first 24 hours, your activity should be limited because increased activity can lead to increased bleeding. No heavy lifting for 5 days. Do not play any wind instruments or blow-up balloons for a period of 10-14 days.

PROBLEMS OR QUESTIONS?

If you need to contact Dr. Raul S. Molina or
your Surgery Coordinator Cindy Kaleel

please call 904.731.1324 or after 5:00PM at 904.314.2507