

## POST OPERATIVE INSTRUCTIONS FOR IMPLANT PATIENTS

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- As your anesthesia wears off, you may have some discomfort. The medication prescribed is for pain relief. Take this as prescribed. Do **NOT** substitute aspirin or other medication. If the prescribed medication makes you feel ill, stop taking the medication and call the office immediately.
  - It is absolutely essential that you take ALL of the antibiotic pills exactly as stated on the prescription label. Do **NOT** stop taking the pills until they are all gone. AVOID sunbathing or use liberal amounts of sunscreen while using an antibiotic.
  - You may be given a clear plastic guard to wear **24 hours a day, 7 days a week** for a minimum of 6 weeks. We will inform you when you can stop wearing the guard. NOTE: The only time you are allowed to take the guard out of your mouth is to brush it. **If you do not wear the guard, you will be 100% responsible for any implant failure.**
  - **BE AWARE:** There are certain types of food that may stain your guard (i.e. spaghetti, orange juice, etc.); however, you still need to wear the guard to protect the implant. Should the guard get discolored, you can soak it in bleach for a few minutes to see if it will remove the stain. Make sure you rinse the guard off thoroughly prior to putting it back into your mouth.
  - **BE AWARE:** Should you lose or damage the guard, there will be a \$25 replacement charge. **Should you choose NOT to replace the guard, you will be 100% responsible for any implant failure.**
  - If a temporary crown was placed and it comes off or becomes loose, please notify the office immediately. **BE AWARE:** If you lose or swallow the temporary crown, please notify the office immediately. The temporary crown must be refabricated to preserve the tissue surrounding the implant. You will be charged the full fee to refabricate the temporary crown ... so be careful.
- DIET: Please prepare for a softer diet the day of treatment, and possibly several days after treatment. If possible, eat on the opposite side of the area treated. Normally, you may gradually resume your regular diet after your one-two week post-operative appointment.
- Immediately following surgery, apply an ice pack to your face in the area where surgery was performed. Use 20 minute intervals (20 minutes on, 20 minutes off). To help prevent swelling and discomfort, this process should be continued for the rest of the day and on additional days, if necessary.
- It is normal to notice slight swelling and/or bruising on the first or second day after surgery. The swelling and/or bruising may last up to a week.
- Do **NOT** do any vigorous rinsing or unnecessary/forceful spitting today as it may initiate bleeding. It is expected and normal that there may be occasional blood stains in your saliva. Excessive bleeding is **NOT** normal nor expected. If excessive bleeding occurs, place gauze in the surgical area and apply pressure. If the bleeding persists, call Dr. Nakatani immediately.
- Avoid brushing in the surgical area for at least one week or until further advised. It is important to clean the surgical area thoroughly twice a day with the prescribed chlorhexidine gluconate oral rinse (i.e. *PerioGard* or *Peridex*) – follow the labeled instructions.
- **BE AWARE:** Avoid the following until advised otherwise:  
NO smoking. NO drinking alcohol. NO dental flossing in the surgical area. NO eating hard foods (i.e. nuts, popcorn, seeds). NO spicy or acidic foods. NO exercising 1-2 days following surgery.
- If you have a true emergency, please call the office as soon as possible. If the office is closed, you can call Dr. Nakatani's cell number at **(916) 717-1470**. Please leave a voice message with your full name and phone number where he can return your call. If Dr. Nakatani has not returned your call within 10 minutes, please call him again.