

These instructions are important for proper healing. Please follow these guidelines to ensure the best outcome and recovery.

Immediately Following Surgery:

1. Gauze pads will be placed over the surgical site(s) at the time of surgery. If bleeding continues, replace them with a dampened and rolled gauze pad(s) with firm pressure. Change every 30-45 minutes until minimal pink/red spotting is present.
2. Avoid vigorous rinsing or touching the wound area. Gentle mouth rinsing can begin the day after surgery.
3. Take anti-inflammatory medications for pain management prior to feeling discomfort.
 - a. Ibuprofen 600 mg tablets - take one tablet every 6 hours as needed for pain
 - b. Extra Strength Tylenol 500 mg tablets - take one every 6 hours as needed for pain
4. Take all medications with food to prevent upset stomach and nausea.
5. Limit your diet to cold, soft foods for the first 1-2 days, advancing as you are able. Drink plenty of fluids.
6. Place ice packs on your cheeks for 20 minutes at a time as needed.
7. Restrict activities on surgery day, resuming normal activity as able.

Bleeding:

1. Bleeding is normal after surgery and should slow down by the evening with proper use of gauze.
2. Slight bleeding, oozing or redness in the saliva is common for about 2 days postoperatively.
3. If bleeding does not slow down after replacing gauze in the area, then place a moistened black tea bag over the surgical area for 30 mins and bite down firmly. If you have any concerns with bleeding, please contact our office at (208) 667-0824. If calling after-hours, there will be a phone prompt that connects you directly to Dr. Griffitts.

Medication:

1. If antibiotics were prescribed, it is important to take the antibiotic one hour prior to the scheduled surgery. Refer to the medication bottle for instructions.

Diet:

1. During your recovery period, it is normal for your jaw muscles to be sore. Chewing will be difficult but should improve with time.

Swelling:

1. Swelling can decrease when following ice application regimen.
2. Bruising of the skin is normal and can take up to 10-14 days to subside.

Dental Implant:

1. Your dentist will place the crown once the implant has healed sufficiently, which generally requires 3 months. Our office will schedule regular post operative visits to monitor the implant healing. If you have any questions, please contact our office.