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### **AFTER PLACEMENT OF DENTAL IMPLANTS**

**DO NOT DISTURB THE WOUND:** Avoid rinsing, spitting, or touching the wound on the day of surgery.

**CHEWING:** Avoid biting directly on the implant site during the 3-month healing period.

**BLEEDING:** Some bleeding or redness in the saliva is normal for 24 hours. Biting on a gauze pad placed directly on the bleeding wound for 30 minutes can control excessive bleeding. If bleeding continues please call for further instructions.

**ORAL HYGIENE:** Good oral hygiene is essential to good healing. Do not rinse your mouth, until 24 hours after the surgery. The day after surgery, the Peridex (if prescribed) should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm salt-water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Be gentle initially with brushing the surgical areas. 3-7 days post-surgery teeth & surgical sites are to be brushed gently. 7 days after surgery normal brushing habits resume.

**SWELLING:** Swelling is normal occurrence after surgery. To minimize swelling, apply an ice pack on the cheek in the area of surgery. Apply the ice for 20 minutes, 20 minutes off, for the first 24 hours. Having your head elevated above your heart, especially while sleeping, will do the most to decrease swelling.

**DIET:** Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

**PAIN:** Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication. If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better. Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, it will reduce the chance that nausea will occur. If you do not achieve adequate relief at first, you may supplement each pain pill with an analgesic such as ibuprofen, a.k.a. Motrin or Advil (two to three tabs of 600mg-800mg every 4-6 hours). Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen.

**ANTIBIOTICS:** Be sure to take any prescribed antibiotics as directed to help prevent infection.

If you have any questions or problems, please call the office. After-hours number: (940) 247-0171