

Liberty Hill Dental, P.A.

Thad H. Gillespie, D.D.S.

Instructions for Implant Patients

(Before Surgery)

These guidelines will help you prepare for and recover from implant surgery. While there is no guarantee that any surgery will be totally successful, our entire staff is committed to making your treatment as painless and as effective as possible. Following these instructions will give you the best chance to have the best result.

Preparing for Implant Surgery

1. Start prescribed antibiotic **one day before surgery**. On the day of surgery, please take antibiotic as follows: Morning appointments are to take antibiotic a couple hours after surgery. Afternoon appointments are to take antibiotic first thing in the morning. Finish all antibiotics prescribed. **No alcohol during antibiotic series.**
2. Use prescribed pain medication as needed.
3. Start chlorhexidine mouth rinse the day after surgery and continue for 6-8 weeks after surgery. **No brushing on implant.**
4. The office tends to be cool, please wear loose comfortable clothing for your appointment.
5. Women can wear light lipstick or makeup.
6. Do not plan any physical activity for the day of surgery or the day after. Prepare to take off work if you feel it necessary.
7. **NO** smoking 12 hours before surgery and 48 hours after surgery.
8. For 48 hours after surgery, no drinking through a straw, spitting, and limited talking. You may talk, but kept it to a minimum.
9. Have ice packs available to reduce swelling on the day of surgery only if necessary.
10. For 48 hours after surgery, you will be on a cold liquid diet only. Items such as ice cream, yogurt, Jell-O, fruit juices, and applesauce are appropriate. Supplement shakes like Ensure, Boost, and Slim Fast are also good.
11. Please advise us if taking aspirin or any blood thinners.
12. Plan to sleep with your head elevated for the first night following surgery.

If you have any further questions, concerns, or an emergency, please call our office at **512-515-0171**. The doctor or his assistant will call you at home on the evening of your surgery to answer any questions you might have about the procedure or medications you are taking.

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Instructions for Implant Patients

(After Surgery)

Post-surgical Care

1. Very limited talking the first 48 hours after surgery. No drinking through a straw and no spitting.
2. Slight bleeding is to be expected for at least the first 12 hours. If heavy persistent bleeding occurs, call for instructions.
3. Take the prescribed pain medication one hour following the surgical procedure as well as one before bedtime.
4. Diet: The day of surgery and the day after, your diet should consist of milkshakes, ice cream, yogurt, Jell-O pudding and plenty of cold fluids (diabetics may substitute with sugar-free items, protein enriched shakes, etc.) We recommend you begin your cold diet approximately one hour following surgery. You may begin a warm soft diet for two to four weeks after surgery.
 - a. Eggs in all forms
 - b. Soups, bouillons, chowders and pasta
 - c. Soft meats such as baked fish, canned tuna, salmon, potted meats and finely ground boiled chicken
 - d. Soft, pureed vegetables (potatoes, peas, beans, carrots, asparagus, etc.)
 - e. Fortified low fat milk, buttermilk, cottage cheese, yogurt
 - f. Unsweetened juices and protein milkshakes
 - g. Eat three meals a day and drink at least 6-8 glasses of water per day
5. Cleaning the mouth:
 - a. Use only gentle salt water rinses the remainder of the surgery day and entire week after surgery, mix 8 ounces of water with 1 tsp of salt. The day of surgery and the day after, the rinses should be with ice cold water.
 - b. On the third day begin rinsing with warm saltwater rinses. You should rinse 3-4 times a day.
6. It is common to run a low-grade fever for the first day. If this continues or is a high fever, please call our office.
7. Patients who take aspirin or other blood thinners daily may resume taking medication immediately following surgery.
8. Continue with chlorhexidine rinses and do not brush implants until instructed to do so.
9. Plan to sleep with your head elevated for the first night following surgery.

The doctor or his assistant will call you the day of or the day after surgery. If you have any questions about the surgery or your medications, please write them down so you can remember to ask these questions when we call. If you have any questions, concerns, or an emergency, please call our office at **512-515-0171**.