

**NEDA AZADIVATAN, D.D.S.**  
Laser Periodontics and Dental Implants of South Carolina

**INSTRUCTIONS FOLLOWING DENTAL IMPLANTS**

- SWELLING:** In some cases, puffiness and swelling may result and should not cause alarm. This may be kept at a minimum by holding an ice bag on the outside of the face, adjacent to the surgical area for the first 6 – 8 hours after your visit. Leave it on for 15 minutes, then off for 15 minutes.
- BLEEDING:** It is normal for saliva to be slightly streaked with blood. In order to stop bleeding, place a moist piece of gauze or a cold wet squeezed tea bag over the surgical site and bite down for 20 minutes or press laterally on both sides of your gum-face and tongue side. Repeat if necessary.
- RINSES:** If wearing a removable appliance, the morning following surgery remove denture, rinse mouth thoroughly with Hydrogen Peroxide, Listerine, or warm salt water (1/2 tsp. salt to 6 oz. warm water). Repeat this after each meal for the first two weeks. Do not rinse and spit out the day of surgery; this may cause bleeding.
- DENTURE:** If wearing a denture, it should not be worn until the denture has been adjusted. Insertion of dentures too early may jeopardize a successful healing process. We will check the fit of the appliance the day of surgery; please bring your appliance.
- DIET:** If you are wearing a removable appliance over the implant surgical site, be careful not to eat hard foods with appliance in place for the first two weeks after surgery. Some examples of what you are able to have are fruit juices, ice cream, soups, Ensure, Carnation Instant Breakfast, custards, mashed potatoes, peas, corn, and any food relatively soft. Smoking should be avoided during the first two weeks. If you have natural teeth on the other side of your mouth you can eat as normal in that area.
- SLEEPING:** Keep your head elevated with two pillows while sleeping for the 1st night.
- MEDICATION:** Following dental surgery, it is normal to experience some discomfort, swelling or bruising. If medication has been prescribed, take as directed. Please note the following:  
**A. All medications may produce allergic reactions and/or side effects.**  
**B. Narcotics will impede driving, using machinery, and mental alertness.**  
**C. Antibiotics may negate birth control medications. Use alternative methods.**

**Continued**

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- 1. Antibiotic:** Taken to prevent infection. This medication should be taken as prescribed. These medications may negate birth control, therefore, be sure to use alternative methods. The prescription does not need to be refilled unless directed.

_____	Clindamycin 150mg	2 tabs 3x day for 3 days, then
_____	Amoxicillin 500 mg	1 tablet 3x daily until gone
_____	_____	1 tablet 3x daily

Today: \_\_\_\_\_ 1 tablet at lunch  
\_\_\_\_\_ 1 tablet at dinner  
\_\_\_\_\_ 1 tablet before bed

**2. Pain Medications:**

For slight to moderate pain:

_____	Advil or Ibuprofen	Take as directed - No more than 800mg 3
_____	Regular Tylenol	times per day
_____	_____	Take as directed

For moderate to severe pain:

Narcotics: Take with food or milk to avoid nausea. Narcotics will impede alertness. Do not drink alcohol, drive, or operate any machinery.

_____	Hydrocodone	Take as directed
_____	Tramadol	Take as directed
_____	_____	_____

**3. Anti-Swelling: Steroids**

Sterapred Dose Pack Day of surgery (today) is Day 1. All six tablets must be taken by bedtime. Continue as directed until finished. It is best taken with food.  
\*If you are having IV sedation, your first dose will be administered in your IV; start the oral medication the next day after surgery.

**NOTE:** All medications may produce allergic reactions, i.e. hives, and/or side effects. Please call and report any ill effects to the office.