



INSTRUCTIONS FOLLOWING DENTAL IMPLANT

AFTERCARE - Keep fingers and tongue away from the operated area. Starting one day after the procedure, gently bath your mouth with the over the counter, or prescription rinse for the next 3 days. After that, use warm salt water. Do not brush around the operated area for at least 2 weeks.

HEALING - Avoid alcohol, smoking, spitting, and sucking on a straw for a minimum of 24 hours after the procedure to promote optimal healing.

DISCOMFORT & SWELLING – Discomfort, swelling, and bruising is the most prevalent for 3-5 days after the treatment, when there is a flap and gum cutting. Begin taking pain relievers as prescribed by Dr. Keshkool and continue a regular basis for the first 3 days. If necessary, Dr. Keshkool can prescribe stronger medication for you. Apply an ice pack for the first 24 hours, alternating 20 minutes on and 20 minutes off to minimize the initial swelling. If the discomfort *increases* after 5 days, please call our office immediately.

MUSCLE SORENESS - Difficulty opening the jaw can occur after surgery. We recommend light jaw stretching and heat therapy on the jaw muscle after the first day to relieve this temporary muscle soreness.

DIET – Do not bite on your implant healing Cap. Cut all food and chew with your other teeth. Eat softer food for the first 2 weeks healing period.

STITCHES – These stiches are self-resorbable within 3-4 weeks. Even with stitches, it is expected for your saliva to be streaked with blood for a day or two. If you notice persistent bleeding, please call our office immediately.

In case of any unusual disturbances, questions or any post-surgical problems, please call the office 4032721500 during business hours. In case of emergencies not in a business hour, please text us at 825-449-8877/ or email: miragedental1@gmail.com