

CARLYLE DENTAL

Post Operative Dental Implant Instructions

The outcome of this treatment depends largely on the part you play in the following instructions. At Carlyle Dental we stand behind our work; however, we need your help. We cannot control the conditions in which the implants are subject to when outside of our office; therefore, there are a few requirements that must be followed.

The next 3-6 months following the placement of the implant is the most critical phase of the healing process, when the implant is becoming stabilized. It is important that this take place without the implants being subjected to any strain. You should therefore, be extremely careful to maintain a suitable nutritious diet at all times during the healing period. Foods that contain tomatoes, onions, pepper or spices may be irritating and should be avoided. Do not bite down or chew on the implant site, as it could cause the bone not to integrate to the implant. Below are some examples of acceptable foods:

- Cooked cereals, such as oatmeal or cream of wheat
- Well mashed fruits, apple sauce, yogurt
- Broth, bouillon, soups and stews
- Ground beef, soft broiled
- Baked or broiled fish
- Broiled or stewed chicken (finely chopped)
- Potatoes (baked, broiled or whipped)
- Asparagus, peas, carrots, lima beans, string beans
- Noodles, macaroni and cheese
- Cottage cheese, cream cheese, canned, cooked or stewed fruits
- Fresh vegetable juices and cooked vegetables
- Milkshakes, ice cream, puddings, jello and custards
- A blender may be helpful in processing foods

It is very important that you maintain good oral hygiene

- Brush after every meal and before bedtime
- Floss at least once a day
- Follow any special instructions given to you by our office
- Careful use of a water pick may help to maintain hygiene
- Do not rinse or spit with force the first 24 hours after surgery
- Do not smoke for at least 24 hours
- No smoking is preferred, due to a greater chance for implant success
- Use a warm salt water rinse three to four times a day for the first week

A professional dental cleaning is recommended every three months until otherwise notified by the doctor

Post operative appointments to monitor the integration of the dental implant with the bone are required. The typical frequency is as follows, one week after placement of the implant; two weeks after first post op visit and finally monthly for about two months.

Medications

Medications will be prescribed to you before your treatment. Follow the doctor's instructions in regard to how to take your medications. Antibiotics should be taken until finished, being careful not to miss a dose.

Apply ice for the first 24 hours after the procedure (apply in 20 minute increments). After the first 24 hours, ice is no longer useful; you should then begin to use moist heat. Rest is recommended for the remainder of the day.

It has been explained to me, and I fully understand, that a perfect result is not, nor cannot be guaranteed. By signing this form, I understand that I am responsible for following post operative instructions and ultimately the success of my dental implant and any additional fees associated with future care for complications, if they should arise.

Contact the Doctor immediately if you should notice any of the following:

Pain, Swelling or redness after the first week

Loose or cracked temporary

Change in implant position or movement

**You may contact Dr. Carlyle @ his office 252-522-1777
or his emergency number 1-877-230-1359**