



**Shipleys**  
DENTAL CARE

8601 Veterans Hwy, Suite 101, Millersville, MD 21108

Michelle Ayoroa-Perez, DDS  
Clayton McCarl, Jr., DDS  
Jay McCarl, DDS, FAGD  
Meghan Segreti, DDS

## **IMPLANT POST OPERATIVE INSTRUCTIONS**

- Do not put any pressure on the implant site, try to keep tongue and fingers from the implant area.
- Use ice packs on areas outside of the mouth (side of face) for the first **12 hours**. Apply ice 20 mins on and 10 mins off. A bag of frozen peas works well for this. This will help to reduce bruising and swelling.
- Be very careful eating, hold off on eating hard or crunchy foods for at least a week. No popcorn, nuts, chips, etc.
- Do not brush or eat in the area where the implant was placed.
- Physical activity should be limited for the first **24 hours**, as this could cause unnecessary bleeding. Some bleeding is to be expected.
- **No SMOKING** for at least 5 days after surgery.
- **No ALCOHOL** for at least 7 days after surgery.
- You may receive a prescription for an antibiotic if the doctor feels it is necessary. Take as directed on the label. Start taking immediately and take until it is finished. If you receive a prescription for Metronidazole **DO NOT DRINK ALCOHOL** while taking this antibiotic.
- You will also receive a bottle of Peridex/Stella life, a mouth rinse, at your appointment. Do not rinse vigorously with this, instead use it more like a marinade and just hold it on the implant area. Start using 72 hours after surgery.
- For pain, you will alternate between using Ibuprofen and Tylenol. Instructions for this use are below: .
  - Take 3 ibuprofen (total 600mg)
  - Wait 2.5 hours
  - Take 2 extra strength Tylenol
  - Wait 2.5 hours
  - Repeat if needed
- You will return in 10-14 days for us to check the implant area. We may remove sutures at this appointment. You may also be asked to return for a 3 week follow up to check the implant area.

Post Operative Appointment:

Office:(410)987-8800

If after business hours please text or leave a voicemail to Dr. Perez with any questions or concerns. Dr. Perez: (240) 654-7209