



# Central Valley Periodontics & Implants

809 Sylvan Ave., Suite 300 • Modesto, CA 95350

Tel: (209) 572-6008 Fax: (209) 572-6009

[www.centralvalleyperio.com](http://www.centralvalleyperio.com)

## POST-OPERATIVE INSTRUCTIONS – IMPLANT UNCOVERING

**Healing Abutment:** Today a post, called a healing abutment, was screwed onto the dental implant. The healing abutment is a temporary piece that makes a hole through the gums over the implant. Once the gums have healed and Dr. Filippi has checked the area, your dentist can begin the process of the final restoration (ie. crown, bridge, or denture).

**Pain:** While minimal discomfort is expected, it is best to take some pain medication before the local anesthetic wears off. Take your pain medicine as prescribed for the first 3-4 days after surgery. If you feel that you are having an adverse reaction to the medication, immediately stop taking it and call the office.

**Swelling:** While minimal swelling is expected, an ice pack can be placed to the outside of the face over the surgical area immediately after surgery. Use the ice pack for about 10 minutes of each hour for the first few hours.

**Bleeding:** While minimal bleeding is expected, the surgical area may ooze slightly for the first 1-2 days. This means that your saliva might appear pink or light red. Active bleeding is indicated by bright red blood in your saliva. If this occurs, place a moist gauze or tea bag over the site and apply constant, firm pressure for 15 minutes. This normally will stop any bleeding. If active bleeding still occurs call the office.

**Antibiotics:** Take any antibiotics as prescribed by the doctor.

**Food:** The healing abutment is NOT a tooth. Please do not purposely chew with it. Only eat soft foods during the first week. This means do not eat anything hard, crunchy, or with tiny seeds (such as nuts, potato chips, popcorn, and strawberries).

**Smoking and Alcohol:** Avoid tobacco, marijuana, and alcohol use for the first few days. Smoking may increase the risk of complications during healing, including infection and implant failure.

**Stay plate:** If you have a stay plate (aka flipper) or other removable appliance (complete denture or partial denture), wear it as instructed.

**Home Care:** Only use the ultrasoft “red-handled toothbrush” that was given to you to brush the healing abutment for the first 1-2 weeks. When you feel comfortable you may use your normal tooth brush.

IF YOU HAVE ANY PROBLEMS OR QUESTIONS, DO NOT HESITATE TO TELEPHONE THE OFFICE AT ANY TIME. 209-572-6008.