

Patient Instructions

Smile Make Over
with
Dental Implants

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Preoperative instructions – Before Implant Placement and Sinus Lift

1. Eat well on the morning prior to the dental appointment for dental implant placement (at least 2

hour gap from the surgical procedure and do not over eat).

2. Get a good night's sleep prior to the surgery.
3. Take amoxicillin 500 mg 1 hour prior to the procedure (Eg. Augmentin 625 mg). If allergic to penicillin substitute with 300 mg of clindamycin (Dalacin C 300mg).
4. Take ibuprofen (Ibugesic plus tablet) 1 hour prior to the procedure unless allergic.
5. Arrange for an individual to bring you home following the procedure.
6. Do not plan to return to work following the procedure.

Postoperative instructions – After Implant Placement and sinus lift

1. Physical activity: Rest for the remainder of the day and maintain your head in an elevated position. Avoid physical activity for 2 weeks, including sports activities that raise the heart rate.
2. **DO NOT SMOKE.**
3. Swelling: Apply cold (ice) packs to your face. Maintain them on your face for 20 minutes and then off for 20 minutes frequently during the day until sleep for the first 24 hours. Some facial swelling is expected and there might be some swelling underneath the eye along with some evidence of bruising.
4. Eating: Maintain a soft cool diet the first day and a soft diet the remainder of the week. Avoid chewing on the side of surgery. If both sides were treated, maintain a very soft diet for 2 weeks. **Do not use a straw take liquid as vigorous suctioning can promote bleeding.**

5. Avoid Sneezing: Avoid heavy lifting and blowing through your nose. Do not stifle sneezes by blocking your nose.
6. Do not drink with a straw or drink carbonated liquids (minimum 3 days).
7. Bleeding: Expect some slight bleeding from the surgical site over the next 12 hours. Some slight bleeding from the nose is also expected during the next 2 days.
8. Medications—take your medications as directed:
 - a. Antibiotics:

Augmentin 625 mg (one capsule TIDx 5 days) or Dalacin C 300 mg TDS for 7 days.
 - b. Anti-inflammatory:

Ibuprofen Plus (with food) TID for 4 days.
 - c. Chlorhexidine
Hexidine mouthwash 1.2% oral rinse: Rinse 30 cc BID for 10 days.

9. Dental home care:

- a. Do not brush or floss the teeth in the surgical area until instructed by the doctor or staff.
- b. Brush, floss, and use other hygiene aids for all other teeth daily or as directed.

10. Follow-up: Plan to see the doctor and his staff for a postoperative

- a. appointment in 7–10 days. Sutures will be removed in 2 weeks.

Life Like
Implants



**In trident dental clinic
only a periodontal surgeon or a prosthodontist
performs implant placement.
This ensures high level of precision in implant
placement and guarantees you the
specialist care you deserve**