

Endless Smiles Dental Group – 164 West Tioga Street – Tunkhannock, PA 18657 – 836.6362

## **Care Following Implant Placement**

1. Fill prescriptions and follow the instructions in taking them.
2. Apply ice to the area where implant(s) were placed 20 minutes on, 20 minutes off for the first day.
3. Gently rinse with warm salt water (1 tsp. to 8 oz glass) every few hours.
4. Eat a soft, high protein diet. Eggs, milk, ice cream, chicken, soups, etc.
5. During the first 24 post-operative hours drink plenty of fluids.
6. Expect some mild swelling and discoloration to appear at the site. **This is common.** Sleep with your head somewhat elevated if possible. You may find you have more swelling in the morning upon arising.
7. Resist the temptation to pull on your lip and stretch it.
8. We will see you in approximately one week to evaluate healing.

Do not hesitate to call the office if you have any question about your condition