

Northwest Periodontics and Implants

Immediate Implant Surgery Post-Operative Instructions

Medications:

- You were prescribed an antibiotic, take as prescribed and finish the entire course.
- For pain management, take up to 600 mg of Advil (ibuprofen) together with 500 mg of Tylenol Extra Strength (acetaminophen) every 4–6 hours as needed to help manage pain and swelling. We recommend continuing this regimen for the first 3 days, then gradually reducing use as healing becomes more comfortable. If you are unable to take ibuprofen or other NSAIDs, you may substitute with 1,000 mg of Tylenol (acetaminophen) every 6 hours as needed instead.

For the first 24 hours after surgery:

- Do not consume hot beverages or spicy foods.
- To help with swelling, place an ice pack over the outside cheek of the surgical site for 20 minutes every hour as often as you can. You can repeat this for up to 48 hours after surgery.

For the first 72 hours after surgery:

- No smoking or drinking alcoholic beverages.
- No strenuous activity or exercise, this can increase swelling and discomfort.
- Minimal bleeding or oozing may occur after surgery. If needed, apply light pressure with damp gauze for 20 minutes. Repeat as necessary. If bleeding persists, contact our office or your surgeon after hours.

Up to 2 weeks after surgery:

- Do not function directly over the implant and chew on the non-surgical side.
- Strictly avoid seeds and crunchy/hard foods.
- Use the soft toothbrush provided to gently clean around the surgical area. Avoid electric toothbrushes near the implant site. You may brush and floss the rest of your mouth as usual.
- Sutures (stitches) can be dissolvable or non-dissolvable. If they were placed, we will remove them at your post-op appointment.
- If you were given an Essix retainer to replace missing teeth, remove it when eating and sleeping unless otherwise instructed. This appliance is intended for aesthetics only and should not be used for chewing, as excessive force may cause it to break. Clean the retainer with a soft brush and water.

EMERGENCY:

If you are experiencing a medical emergency, please call 911.

Contact our office if you experience an adverse reaction to medications we prescribed to you, bleeding you cannot control after following written instructions, signs of infection which typically occur one week after surgery and include fever, site warm to touch, oozing pus, worsening swelling or pain.

Call or text our office during normal business hours (Monday – Friday 7:30 a.m. – 3:00 p.m.)

Issaquah: 425-392-8992

Redmond: 425-895-9575

If you have any after-hours questions or concerns, please contact your doctor below.

Dr. Ken Akimoto: 206-919-8421

Dr. Jeffrey Kanter: 206-930-0308

Dr. Ruby Lwo: 206-294-8430

Dr. Luciana Safioti: 425-518-9128

Dr. David Zhu: 425-301-2150



Scan this QR code for a video version of your post-op instructions!