

## Post-Operative Instructions after Implant & Bone grafting procedure

- A piece of cotton gauze is placed on the implant site. Bite gently on it to control and stop bleeding. Do not chew on it.
- Remove and discard the gauze after 30 minutes. Check for bleeding. If bleeding persists, place a new gauze and hold it for an additional 20 minutes.
- Use the provided cold pack on the side of the implant procedure to reduce swelling and pain. Apply 10 minutes on, 5 minutes off.
- After removing the gauze and ensuring the bleeding has stopped, eat soft and cold foods (e.g., ice cream, custard, yogurt). Take pain medication as instructed on the package (e.g., Panadol, Nurofen).
- Rest and take it easy for the remainder of the day.
- Take antibiotics as prescribed by Dr. Raghu if advised.
- Avoid touching or pressing the implant/bone graft site.
- Begin Savacol mouthwash the evening of the surgery and continue twice daily for 2 weeks.
- Start warm salty water rinses 2-3 times daily, beginning 24 hours after surgery, and continue for 2 weeks.
- Rinse gently. Do not swish and spit vigorously; instead, gently bathe the wound with the saltwater rinse for 2 weeks.
- Contact our office if you experience excessive bleeding, swelling, or severe pain. Some discomfort is normal.
- Avoid chewing, brushing, or flossing around the implant surgery area for 2-3 days.
- Your next appointment is in one week for a post-operative review. Sutures will be removed in 2 weeks.
- We will call you the next day to check on your recovery. If you have any concerns, please contact us immediately.
- If you have any questions, please call our office for assistance.