



## **Implant, Sinus Lift Graft, Socket Graft, Guided Bone Regeneration (GBR) and Full Arch Implants/Grafting Postoperative Instructions:**

- 1) Follow your medication and mouth rinse guidelines and instructions.
  - 2) For the next 24 hours use ice packs extra-orally (15 minutes on/ 15 minutes off), if you are instructed to do so.
  - 3) A small amount of blood oozing from the surgical area is normal. It will appear like a lot of blood in the mouth when combined with saliva. Contact the office immediately if the bleeding is severe. (You may want to use an old pillow case at night due to the oozing)
  - 4) Swelling, discomfort and bruising are expected at the surgical site.
  - 5) It is normal to feel graft granules in your mouth for the next week or so.
  - 6) Avoid sucking on a straw, spitting or smoking.
  - 7) Be very careful brushing in the area. Avoid the site for about a week. **DO NOT PULL AT YOUR LIP OR SUTURES.**
  - 8) Avoid strenuous activity for 24 hours after the surgery.
  - 9) **STICK TO A SOFT DIET FOR THE NEXT 2 WEEKS.** (Eat food that can only be scooped with a spoon- scrambled eggs, mashed potatoes, yogurt, etc.)
  - 10) Do not wear any appliance that touches the gums near the surgical area for 2 weeks (partial, denture, flipper, etc) unless otherwise instructed. Please bring in any appliance that you may wear routinely. At your post operative visit, Dr. Baines will evaluate it before you are allowed to start wearing it.
  - 11) Contact the office if you experience a fever of 101 degrees or higher, have excessive bleeding, or a reaction to any medications. 217-698-9300
  - 9) Return as discussed for follow-up appointments and suture removal.
- \*\*\*If an immediate crown is placed on an implant, avoid chewing on the crown for 6-8 weeks.
- \*\*\*If full arch implant or graft procedures are performed, follow a **LIQUID** diet for 2-4 weeks. After that time period you may slowly introduce soft foods back in your diet. 8 weeks after implant placement you may resume to a normal diet but refraining from biting hard foods with your front teeth. At all times, be diligent to cut food and chew on both sides of the mouth evenly.