



Implant-Supported Dental Procedure Post-Operative Instructions

Post-Operative Care:

Congratulations on completing your implant-supported dental procedure at Peakview Cosmetic and Implant Dentistry. To ensure a successful recovery and the long-term success of your dental implants, it is vital to follow these post-operative instructions carefully.

Soft Food Diet: For the next 3 to 4 months, it is crucial to stick to a soft food diet. Avoid hard, crunchy, or chewy foods during this period. Soft foods will minimize stress on your healing implants and promote optimal healing.

Recommended Soft Foods:

- Mashed potatoes
- Applesauce
- Yogurt
- Pudding
- Soup
- Oatmeal
- Scrambled eggs
- Steamed vegetables
- Smoothies
- Pasta (cooked to a soft consistency)

Oral Hygiene: Maintain excellent oral hygiene during your recovery. Gently brush your teeth and the surgical area, being careful not to disturb the healing process. Follow any additional oral care instructions provided by your dental team.

Medications: Take any prescribed medications as directed by your surgeon at Peakview Cosmetic and Implant Dentistry. This may include antibiotics and pain relievers. Do not skip doses, and finish the entire course of antibiotics if prescribed. Please continue taking antibiotics all the way through as prescribed.

Dose for pain management: 600mg Ibuprofen (Advil, Motrin, or generic) and 1000mg Acetaminophen (Tylenol or generic) every 6 hours. If you have an allergy or sensitivity to either of these, alternative guidance will be provided.



Avoid Touching Surgical Site: Refrain from pushing on implant(s) with tongue or playing with any sutures. If a bone graft was placed, you may feel some sandiness from the particulates. Avoid touching the site to protect the graft.

Avoid Smoking and Alcohol: Refrain from smoking and consuming alcohol during your recovery, as these can hinder the healing process and increase the risk of complications.

Nicotine Testing: Please be aware that we will be conducting nicotine tests throughout the healing process. Nicotine use can significantly impact the success of dental implants. If nicotine is detected, it may void the warranty of your implants and could lead to complications.

Follow-Up Appointments: Attend all scheduled follow-up appointments with your dental team at Peakview Cosmetic and Implant Dentistry. These appointments are essential to monitor your progress and ensure proper healing.

Implant Failure: Failure to follow these post-operative instructions, especially the soft food diet and refraining from nicotine use, can increase the risk of implant failure. Implant failure may result in prolonged healing time and delay the placement of the final prosthesis. It is essential to commit to these guidelines to achieve the best possible outcome.

Emergency Contact: If you experience severe pain, excessive bleeding, swelling that worsens over time, or any other concerns during your recovery, please contact Peakview Cosmetic and Implant Dentistry immediately.

Remember that your commitment to these instructions is crucial for the success of your implant-supported dental procedure. We appreciate your trust in our dental team at Peakview Cosmetic and Implant Dentistry, and we are here to support you throughout your recovery journey.