



301-982-4555 office/ 301-982-4557 fax

<https://www.GreenbeltSurgery.com>
7525 Greenway Center Dr, Suite 109
Greenbelt, MD 20770



POSTOPERATIVE INSTRUCTIONS STAGE I IMPLANT HEALING CAP

1. If you have bleeding in the surgery site, then place gauze (or a regular tea bag) in the surgery site. Apply firm pressure for one hour, without talking, speaking, or chewing. After a second attempt, if the bleeding hasn't stopped, please contact us at the office or after-hours number.
2. Starting the day after surgery, you can either use salt water rinses (or peridex, if prescribed to you). Rinse three times a day, after every meal.
3. Avoid any foods or drinks that are too hot or too cold in the next 72 hours.
4. Apply ice for 10-20 minutes at a time (NOT continuous) to the area of the face, where the procedure was performed. This could help reduce swelling. A "bag of frozen peas" can work very well as an ice pack.
5. Keep your head elevated and do not sleep flat for the next week.
6. Refrain from aggressive physical activity for the next week.
7. Do not brush or manipulate the tissues around the implant healing abutment during the healing phase. Use a Q-tip and gently clean around and on the healing cap. Do keep good oral hygiene.
8. If stitches were placed, they were most likely resorbable and will fall out on their own in a week or so.
9. Do not chew on the surgical site or healing cap. This can destabilize the implant or cause the healing cap to loosen. In case the healing cap does loosen, call the office and make an appointment to see your provider.
10. Allow two weeks of soft tissue healing before making an appointment with your general dentist to make the crown.



POSTOPERATIVE INSTRUCTIONS STAGE II IMPLANT HEALING CAP

- If you have bleeding in the surgery site, then place gauze (or a regular tea bag) in the surgery site. Apply firm pressure for one hour, without talking, speaking, or chewing. After a second attempt, if the bleeding hasn't stopped, please contact us at the office or after-hours number.
- Starting the day after surgery, you can either use salt water rinses (orperidex, if prescribed to you). Rinse three times a day, after every meal.
- Avoid any foods or drinks that are too hot or too cold in the next 72 hours.
- Apply ice for 10-20 minutes at a time (NOT continuous) to the area of the face, where the procedure was performed. This could help reduce swelling. A "bag of frozen peas" can work very well as an ice pack.
- Keep your head elevated and do not sleep flat for the next week.
- Refrain from aggressive physical activity for the next week.
- Do not brush or manipulate the tissues around the implant healing abutment during the healing phase. Use a Q-tip and gently clean around and on the healing cap. Do keep good oral hygiene.
- If stitches were placed, they were most likely resorbable and will fall out on their own in a week or so.
- Do not chew on the surgical site or healing cap. This can destabilize the implant or cause the healing cap to loosen. In case the healing cap does loosen, call the office and make an appointment to see your provider.
- Allow two weeks of soft tissue healing before making an appointment with your general dentist to make the crown.

If you have any severe bleeding, chest pain, fever, chills, shortness of breath, or any other concerning symptoms, go to the nearest Emergency Room. Otherwise, please feel free to call the office at [\(301\) 982-4555](tel:3019824555) with any questions. After-hours, an oral surgeon can be reached at [\(254\) 220-0808](tel:2542200808) . Leave a message and the doctor will get back to you as soon as they can.