

## Champlain Periodontal

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### Post-Operative Instructions following Implant Surgery

DISCOMFORT: Only minor discomfort is to be expected and is usually controlled with over-the-counter pain relievers such as Advil or Motrin (ibuprofen). 600mg of ibuprofen every six hours is recommended. Any discomfort usually subsides within a few days.

SUTURES: Sutures may have been placed around your implant(s). These typically dissolve or fall out within 4-7 days.

BLEEDING: Significant bleeding is not expected, however if you experience active bleeding, apply firm pressure to the area with a moist gauze or moist tea bag, uninterrupted for twenty to thirty minutes.

ORAL HYGIENE: Please do not brush or floss the implant area for one week following surgery. After the first week, begin brushing the area gently with a soft brush, including the top of the implant.

DIET AND NUTRITION: Please keep your diet soft for the first few days, and avoid crunchy, hard, or crusty foods, or foods with small seeds for several days. Avoid hot foods or drinks for the first day after your surgery.

ONE-STAGE IMPLANT: In most cases, the implant procedure is completed in one surgical visit. After the implant is in place, a small healing cap is placed on top of the implant, flush with the gumline. You will feel and see the top of the cap in your mouth. It is very important to avoid chewing on this cap for several weeks until the implant is fully integrated with the surrounding bone.

TWO-STAGE IMPLANT: In some cases, rather than placing the healing cap immediately, a small cover screw is placed on top of the implant, and the gum is stitched closed over the screw. After a few months of healing, a second surgery is performed to expose the implant and place a healing cap.

MEDICATIONS: Please finish your antibiotic as directed. The mouthrinse should be used at least twice daily until your post-operative visit.

IMPORTANT: Please call our office IMMEDIATELY if you experience any of the following: swelling, severe pain, a pimple or blister on the gum, fever, feeling poorly without other reason, or anything out of the ordinary. If the office is closed, please call Dr. Huber at home.

If you have further questions or concerns, please call our office at 862-1435, or:

Dr. Brian Huber – home: 288-8003  
– cell: 373-9861

Stephanie (assistant ) 878-7278