



## IMPLANT RESTORATION

After your final restoration(s) have been placed onto your implant, it's important to follow these recommendations.

If we used an anesthetic during the procedure, avoid chewing until the numbness has completely worn off.

Take antibiotics or other medications only as directed.

To reduce any discomfort or swelling, rinse your mouth 3 times a day with warm salt water. Use about 1 teaspoon of salt per glass of warm water.

It is normal for gums to be sore and swollen for a few days.

Brush and floss around the implant(s) thoroughly, but gently. We may also recommend special floss, brushes, mouth rinses, or other cleaning aids to keep the area free of the accumulation of bacterial plaque.

Avoid using any tobacco products. Ideally, you should quit altogether because using tobacco significantly increases the risk of the loss of the implant.

Avoid hard chewing.

Grinding your teeth is extremely damaging to your natural teeth as well as to an implanted tooth. If you believe you may have developed the habit of nocturnally grinding your teeth, come in to our office so we can make for you a custom appliance to be worn at night that will protect your teeth and your implant.

Call us if your restoration(s) feels loose so we can tighten it. Also, call us if you have persistent discomfort or if you have questions or concerns.