

## Post Operative Guidelines for Patients Receiving Osseointegrated Implants

If you wear a Denture, it should NOT be worn until refitted or relined unless otherwise advised by the doctor. The wearing of an ill-fitting denture or prostheses can jeopardize a successful healing process.

Any Para-functional habits should be identified and avoided i.e. fingernail, pen or cheek biting, teeth tapping, or clenching, and grinding etc.

- I understand that grinding, **daytime clenching and parafunctional forces** (forces in addition to normal functional forces) will accelerate gum and bone recession (loss) around natural teeth as well as dental implants. This may result in implant failure.
- I understand that if a **night time grinding** will accelerate gum recession and bone loss. If a night time grinding appliance and or night splint was recommended that if "I do not like it," or "decide any reason not to wear it" that I am at an increased risk of accelerate gum and bone recession around natural teeth as well as dental implants. This may result in implant failure.
- If you grind your teeth please **wear your night guard appliance**. If you grind or clench during the day please wear the grinding appliance during the day. You must make sure your night guard was inspected post-surgically & altered as needed by Dr Landers.

**Soft foods** are advised during the first week, or less, depending on the number of dental implants placed and/or the location of placement. After the first week, you may eat whatever you are comfortable with, as long as you chew away from the surgical area (see our suggested diet post op directions).

If temporary crown is placed over your implant or a healing abutment (visible metal post above the gum tissues), please avoid chewing on this area (6-10 weeks). In all situations, **Do Not Eat On Your Dental Implant for 4-6 months**. Even if your implant is determined to have primary stability.

If a temporary crown is placed and your **bite feels abnormal** or your teeth are hitting into the dental temporary, avoid the area and return to the office as soon as you can. This is very important as a bite interferences may quickly cause implant failure!

Sutures should be removed in 7-10 days

**OUR PHILOSOPHY, OUR OFFICE REMAINS DEDICATED TO PROVIDING OPTIMAL CARE FOR EVERY PATIENT AND WORKING WITH YOU TO ACHIEVE THAT GOAL. WE PRIDE OURSELVES ON HELPING YOU IN ANY WAY AND IN CONTINUING TO PROVIDE THE QUALITY OF CARE TO WHICH YOU HAVE BECOME ACCUSTOMED.**