

# POST-OP CARE

## Immediate Provisional Implant Guide

### Thank you for choosing Innova Oral Surgery.

You have received post-op instructions already for extractions, bone grafting, and implant surgery. The following guide explains the specific care required for your immediate provisional (temporary) crown and healing process. This is in addition to your existing instructions and is critical for a successful outcome.



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### Your Temporary Crown: What to Expect

- ▶ Your temporary crown will be delivered 1–3 days after surgery.
- ▶ It is a temporary restoration, not the final crown.
- ▶ The purpose of the provisional is to support healing and esthetics — it is not designed for biting or chewing.



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### Diet and Chewing Instructions

#### To protect the implant and encourage healing:



#### Follow a soft diet for 8 weeks. This includes foods like:

- ▶ Mashed potatoes, yogurt, scrambled eggs
- ▶ Smoothies (with spoon, no straw)
- ▶ Soups, applesauce, pudding
- ▶ Soft pasta and cooked vegetables



#### Avoid

- ▶ Biting directly with front teeth on hard foods
- ▶ Chewing on the implant side
- ▶ Hard, crunchy, sticky, or chewy foods

✦ These recommendations build on your extraction/implant diet guidance and are especially important once your temporary crown is placed.



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## Temporary Crown Care and Daily Habits



### Bite and Chewing

- ▶ Your temporary crown will be adjusted to be out of bite contact.
- ▶ Even accidental biting on the temporary crown can place undesirable forces on the implant during early healing and increase the risk of failure.



### Oral Hygiene

- ▶ Continue gentle rinsing and brushing as instructed in your implant care sheet.
- ▶ Be extra gentle around the provisional crown site.
- ▶ Use prescribed antimicrobial rinses as directed.
- ▶ Do not floss the provisional crown.
- ▶ Use a water pick after 2 weeks of healing.



### Sutures and Healing Abutment

- ▶ Sutures (if present) typically dissolve on their own in 3–14 days.
- ▶ The healing abutment or temporary restoration components may feel loose — do not try to fix this yourself. Contact the office if it persists.



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## Activity and Lifestyle Recommendations

- ▶ Avoid strenuous activity for the first 24–72 hours or as directed in your implant and graft instructions.
- ▶ Avoid the use of straws, vigorous rinsing, and smoking, as these can disturb clot stability and healing.
- ▶ Stay hydrated and avoid very hot foods/drinks during the initial healing period.



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## What Is Normal vs. Concerning

### What You Might Feel / See



Mild swelling and discomfort



Gum sensitivity



Slight bleeding or pink-tinged saliva



Minor discomfort with mouth opening

- ✦ These are expected and usually resolve within a few days. If your discomfort significantly increases after a few days, call the office.

## When to Contact Us Immediately

Call if you experience:



Heavy or uncontrolled bleeding



Fever, foul smell, or discharge



Severe pain that escalates after 2–3 days



Signs of infection or unexpected tissue changes



Implant feels mobile or the temporary crown dislodges

✦ Prompt communication helps avoid complications and keeps your healing on track.

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## Follow-Up Schedule and Next Steps

- ▶ Temporary crown delivered: 1–3 days after surgery
- ▶ Follow-up appointments: Attend all scheduled post-op checks
- ▶ Progress to final restoration: Coordinated with your general dentist once implant integration is confirmed

✦ Your general dentist will manage your final crown and any adjustments needed at that phase.



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## Your Role in a Successful Outcome

**Your cooperation is essential. This includes:**



Observing dietary restrictions



Following hygiene and activity guidelines



Avoiding occlusal forces on the temporary crown



Keeping all follow-up appointments

✦ Not smoking or using tobacco (smoking significantly slows healing) **Innova Dental Implant Institute**



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## Reminder: Temporary Crown is Not Final



Your temporary crown is a healing and esthetic aid — not a durable, final restoration. The final crown will be made by your general dentist according to your restorative plan.



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## Final Notes

**Thank you for your careful attention to these instructions.**

Proper adherence significantly enhances healing and the long-term success of your implant.

## Questions? Concerns?



Call Innova Oral Surgery any time — we're here to support your best outcome.

