



Post-Operative Instructions

Implants

AFTER PLACEMENT OF DENTAL IMPLANTS

Important

No driving for 24 hours after surgery with sedation and while taking narcotic medication.

Bleeding

A certain amount of bleeding is to be expected following oral surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Continuously bite on gauze for 40 minutes. Repeat if necessary.

- If you have good firm pressure the bleeding should stop within 1 to 2 hours.
- If bleeding continues, bite on a moistened black tea bag for thirty minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. Do not rinse for the first 48 hrs after surgery.
- Try to keep tongue away from surgical site.
- To minimize further bleeding, do not become excited, sit upright, and avoid exercise.

If bleeding does not subside, call for further instructions.

Smoking and Alcohol

- Do not smoke for at least 2 weeks following your surgical procedure. It will significantly slow healing and can compromise results.
- Do not drink alcohol while taking prescription pain medications.

Diet

No straws, smoking, spitting, or carbonated beverages for one (1) week.

No abrasive foods such as chips, popcorn, seeds and nuts.

- **For the first six (6) hours or until the numbness wears off**, eat soft foods such as a milkshake, smoothie, yogurt, ice cream, pudding, applesauce, mashed potatoes, or creamy soup. You may eat anything soft by chewing away from the surgical sites.
- **After the first six (6) hours or when the numbness wears off**, *eat soft foods such as pasta, macaroni and cheese, pancakes, or eggs*

- You should drink lots of fluids. Your food intake will be limited for the first few days. You will feel better, have more strength, less discomfort and heal faster if you continue to eat.

Pain

Provided you have no known allergies:

- For initial discomfort take over-the-counter two (2) Tylenol or 600mg of Ibuprofen every alternating every 3-4 hours (i.e. Ibuprofen at 1pm, Tylenol at 4pm, Ibuprofen at 7pm, etc.).
- For severe pain use the prescribed medication. Keep in mind that a full stomach minimizes nausea associated with some prescription medications. **A smoothie or a milk shake is a good start.** The prescribed narcotic pain medicine, if prescribed, will make you groggy and will slow down your reflexes.
- Do not drive an automobile or work around machinery while taking pain medication.
- Avoid alcoholic beverages.
- Pain or discomfort following surgery should subside more and more every day.

If pain persists, it may require attention and you should call the office.

Antibiotics

If you were given an antibiotic, please take as directed and finish unless instructed to do so by your doctor. **WOMEN PLEASE NOTE:** Antibiotics may interfere with the effectiveness of your birth control pills. Please check with your physician.

Swelling

Swelling of the face following oral surgery is normal. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event which will resolve in time. However, the swelling may be minimized by the immediate use of ice packs.

- Apply ice 20 minutes on and 20 minutes off for 24-48 hours following your surgery.
- Ice should be applied to the sides of the face where surgery was performed.
- After 48 hours, you should discontinue the ice and begin warm packs.
- Elevating your head while sleeping for the first 48 hrs will help minimize swelling.

Swelling will usually reach its peak on the 3rd or 4th day.

Oral Hygiene

No rinsing of any kind should be performed until the day following surgery. DO NOT BRUSH surgery site until instructed to by doctor.

Keeping your mouth clean after surgery is essential. You may have been given a prescription for Peridex oral rinse: Rinse for 30 seconds with 15ml of Peridex 2 times a day. Use Peridex only during the first 2 weeks of healing. NOTE: Peridex may cause alteration of taste perception during use and may increase staining of teeth and other oral surfaces. To avoid this, use Peridex only during first 2 wks of healing process. There is no need for prolonged use.

Do not eat or drink for 30 minutes following the rinsing. You may also resume regular tooth brushing, but avoid disturbing the surgical site. You may brush all of your teeth with the exception of the implant or bone graft sites starting the day after your surgery.

Sutures

If sutures were placed they will dissolve within 1-2weeks unless specified by your doctor. Try not to play with them with your tongue as this can cause them to fall out earlier than intended.

Bone Graft

If a bone graft was used some special precautions are noted. Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

- Do not vigorously rinse or spit for 3-5 days.
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.

For the first day, we would suggest letting the blood clot stabilize and not even rinse your mouth. Following the first day, gentle rinsing would be advised but not too vigorously as you can again disturb some of the bone graft granules.

Following these instructions will assist you, but if you have questions about your progress, please call the office. It is our desire that your recovery be as smooth and pleasant as possible. Please feel free to contact the office with any questions you may have.