

DENTAL IMPLANT: POST OP INSTRUCTIONS

Immediately after your surgery, **do not** disturb the wound. Avoid rinsing, spitting or touching the area on the day of the surgery. There may be a metal healing abutment protruding through the gum tissue or it may be under the tissue.

Bleeding

Some bleeding noticed in the saliva is normal for 24 hours. A little blood diluted in the saliva may look like a lot, so don't panic. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on gauze directly on the bleeding area for 30 minutes. We do not allow you to leave the office until bleeding is controlled, so please call the office immediately if you are experiencing excessive bleeding.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling apply an ice bag, bag of frozen vegetables, or a towel filled with ice on the cheek in the area(s) of surgery. Apply ice at 20 minutes on and 20 minutes off for 3 hours, then discontinue ice and switch to moist heat at 20 minutes on and 20 minutes off for the next 24 hours – **NEVER GO BACK TO ICE EVEN WITH SWELLING**. You may also experience some bruising and this too is normal after surgery.

Pain

You should begin taking pain medication as soon as you get home. For moderate pain, Ibuprofen (Advil or Motrin) may be taken in addition to the prescribed pain medication. Ibuprofen, bought over the counter comes in 200mg tablets: 3-4 tablets may be taken every 6 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it. **MAKE SURE YOU EAT WITH ALL MEDICATIONS.**

Activity

Keep physical activities to an absolute minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Good oral hygiene is also essential to good healing. Brushing any natural teeth is not a problem, but be gentle initially around the surgical areas.

Smoking

Refrain from smoking until healing is complete (72+ hours at the very least). Using tobacco increases the risk that your body will reject the implants. Please discuss your smoking habit with our office prior to resuming smoking

Bone Grafting

- No bone graft was used, please begin using peridex rinse 3 x a day and warm salt water five times a day starting 24 hours after surgery and continue this for 2 weeks.
- Bone graft was used—no rinsing for 5 days. Use a Q-tip or piece of gauze to very gently dab the area with the Peridex. DO NOT SWISH OR RINSE.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Very soft food and liquids should be eaten on the day of surgery. Diet and vitamins are very critical to the healing process.

You may have all the milk, juice, Gatorade, tea, water and non-carbonated sports drinks. Your diet will consist of softer food until we release you to an unlimited diet.

If you can cut it with a fork, it is okay to eat.

Some of these softer approved foods include mashed potatoes, soups, soups with soggy crackers, macaroni and cheese, soft pasta, soft moist vegetables, salsbury steak, meat loaf, ground beef, ice cream without nuts or berries, pudding, jello, scrambled eggs, etc.

Just remember, softer food during the integration period.

Wearing your Prosthesis

- A denture or prosthesis has been placed. This prosthesis will serve like a bandage so do not remove it for 24 hours.
- A denture or prosthesis has not been placed.
- A denture or prosthesis has been placed. Please take it out when you get home and let the tissue rest.