

DENTAL IMPLANT PLACEMENT

Post Operative Instructions



After dental implant surgery do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue or the gum tissue may be closed over the implant completely with sutures.

NO SMOKING Smoking can complicate your healing process and could lead to implant failure. It is preferred that you do not smoke throughout your healing process. If you do choose to smoke, it is at your own risk.

BLEEDING Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 20-30 minutes. After this time the gauze pad may be discarded or replaced. Remove the gauze if you decide to eat or sleep. If bleeding continues please call for further instructions.

SWELLING Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack or a bag filled with ice on the cheek in the area of surgery. Apply the ice for 15 minutes on and 15 minutes off, as much as possible, for the first 36 hours.

DIET Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Avoid chewing hard foods on the implant sites. This can decrease the body's ability to heal around the implant. Return to a normal diet as soon as possible unless otherwise directed.

PAIN We approach pain management by using a combination of over the counter (OTC) and prescription narcotic medications. Stay ahead of pain by starting the medication while you are still numb.

NARCOTICS Do not take acetaminophen (Tylenol) or medications containing acetaminophen while taking your prescribed narcotic/acetaminophen combination medication. Please carefully read the ingredients in other medication you are taking. Narcotics may cause nausea, drowsiness, dizziness, confusion, and constipation.

OVER THE COUNTER If you prefer not to take the narcotic, you may alternate between 800 mg of Ibuprofen (if able) and 1000mg of acetaminophen. The maximum dose of Ibuprofen is 3200 mg in 24 hours. The maximum dose of acetaminophen is 4000 mg in 24 hours.

ANTIBIOTICS If antibiotics were prescribed, take them as directed until gone.

ORAL HYGIENE Good oral hygiene is essential to proper healing. The day after surgery start warm salt water rinses consisting of 1/2 teaspoon of salt in 8 ounces of lukewarm water. Salt water rinses should be used at least 2-3 times a day, especially after meals. Initially, be gentle with brushing the surgical area(s). *Vigorous mouth rinsing and use of straws following surgery should be avoided.* This may dislodge the blood clot that has formed and may cause bleeding.

ACTIVITY Restrict activities the day of surgery and preferably the next day. Rest and keep your head elevated. Resume normal activity as you feel comfortable.

WEARING YOUR PROSTHESIS Partial dentures, flippers, or full dentures should not be used immediately after surgery or for at least 10 days. This was discussed in the pre-operative consultation.

PLEASE SCHEDULE YOUR FOLLOW-UP APPOINTMENT AS INSTRUCTED

We want your recovery to be as smooth and pleasant as possible. If you have questions or concerns about your progress, please call our office. 541-389-0277