



POST-OPERATIVE INSTRUCTIONS: DENTAL IMPLANTS

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.

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 30 minutes. Discontinue the gauze pads when the bleeding stops. If bleeding continues, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, a plastic bag, or a towel filled with ice on the cheek over the area of surgery. Apply the ice for 30 minutes on and then 30 minutes off for the first 36 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft foods and liquids should be eaten on the day of surgery. During the first 2 weeks, continue to follow a relatively soft diet. Make every effort to avoid chewing directly over the implant sites until advised by your surgeon.

Pain

Discomfort after oral surgery is normal. To best manage your discomfort, please take the prescribed pain medications on schedule per the directions provided. Staying on top of a regular schedule will best minimize discomfort after oral surgery. If you are still experiencing significant discomfort despite the medications, please contact our office.

Antibiotics

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

Oral Hygiene

Good oral hygiene is essential to good healing. The night of surgery, no rinsing is needed. 48 hours after surgery, the Peridex™ should be used twice daily, after waking up in the morning and before bed. Be sure to gently swish for at least 30 seconds before gently spitting it out. Warm salt water rinses should be used in addition to twice a day Peridex rinses (1 tsp of salt dissolved in an 8 oz cup of warm water) should be used at least 2 times a day as well, especially after meals. Brushing your teeth and the healing abutments is fine; however, avoid brushing directly over sutures until they have dissolved on their own. Be gentle initially with brushing the surgical areas.

Activity

Keep physical activities to a 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.

Wearing Your Prosthesis

Partial dentures, flippers, or full dentures should not be used immediately after surgery until they have been adjusted by the doctor unless otherwise instructed. This was discussed in the pre-operative consultation.

It is our desire that your recovery is as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office.

PLEASE NOTE: Telephone calls for narcotic (pain killer) prescriptions renewal are ONLY accepted during office hours.