

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 rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues profusely, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack or a plastic bag/towel filled with ice to the cheek area of the surgery. Apply the ice on and off for 30-minute periods for the first 36 hours.

Diet

Eat soft foods and drink liquids on the day of the procedure. Drink plenty of fluids. Avoid hot liquids and hot foods. Return to your normal diet as soon as possible, unless otherwise directed.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, one or two tablets of ibuprofen (Advil or Motrin) may be taken every 3-4 hours. Ibuprofen bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken four times daily, not to exceed 3,200 mg daily for an adult. Consult our practice for individuals under 18.

For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medications if you are allergic to them or have been instructed by your doctor not to take them. Do not drive an automobile or work around machinery. 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

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, use the prescribed Peridex Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily: after breakfast and before bed. Be sure to rinse for at least 30 seconds, then spit it out. Warm saltwater rinses (one teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day as well, especially after meals. Brush your teeth and the healing abutments. Be gentle initially while brushing the surgical areas.

Activity

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

Wearing your Prosthesis

Please consult with your general dentist regarding when you should start wearing your partial denture, complete denture, or flipper after surgery. In some cases, these are placed immediately after surgery.