

## POSTOPERATIVE CARE INSTRUCTIONS: DENTAL IMPLANT

Thank you for entrusting Madison Oral Surgery & Dental Implants with your care. You have now taken the first steps towards replacing your missing tooth or teeth with dental implants. We want your recovery to be as smooth as possible. Following these instructions will assist your recovery.

### First Hours After Surgery

Bite down gently but firmly on the gauze packs that have been placed over the surgical site(s). If active bleeding persists after one hour, fold new gauze in a tight roll and place so biting applies pressure directly over the surgical site. Also, a moist teabag can be used in the area of bleeding by biting down firmly for one hour. Some bleeding may be present for up to 24 hours. Keep your fingers and tongue away from surgical site(s) if possible. There may be a metal healing abutment protruding through your gum tissues.

### Pain

The placement of dental implants generally does not cause a great deal of pain. For mild discomfort, take Tylenol or ibuprofen as directed on the bottle. For moderate to severe pain, use the prescription given to you and take as directed. You may find better pain control if you take your first pain pill before the local anesthetic wears off.

### Swelling

Some swelling should be expected and is no cause for concern. Apply ice bags to the sides of the face for 20 minutes on, 20 minutes off for the first 12–24 hours to help minimize the amount of swelling. Ice should be discontinued the day after surgery. The greatest swelling will peak 36–72 hours after surgery and then should gradually subside.

### Diet

Your diet should consist of soft foods and plenty of fluids for the first day. Over the next several days you can progress to solid foods at your own pace. Avoid foods such as nuts, sunflower seeds, and popcorn that may become lodged in the surgical site(s). Avoid chewing hard or sticky foods on the implant sites. If chewing requires more force, it can impair the body's ability to heal around the implant(s).

### Oral Hygiene

Keeping your mouth clean after surgery is essential to proper healing. Use the mouth rinse directed by your doctor starting the day after surgery. Continue regular tooth brushing starting the day after surgery, paying special attention to be gentle over the surgical site. As soon as it is not tender to do so, typically within a few days, brush the metal healing abutment(s) during regular oral hygiene. Do not smoke or use smokeless tobacco as these significantly increase the risk of complications or failure of the implant(s).

### Antibiotics

If antibiotics were prescribed, take them as directed.

### Nausea

Nausea is most often caused by the stronger narcotic pain medications. Having food in your stomach when you take a narcotic pain medication can help reduce nausea. Try taking small sips of carbonated beverages and minimize the narcotic pain medications.

## POSTOPERATIVE CARE INSTRUCTIONS: DENTAL IMPLANT (CONT.)

### Unusual Conditions

If any of the following conditions should occur during the postoperative period, please call the office.

- Fever over 101 degrees.
- Severe, hard swelling after the third postoperative day.
- Severe, bright red bleeding that you cannot control.
- Rash, difficulty breathing, or severe vomiting.
- Prolonged severe pain that is not relieved after several doses of pain medications.
- Continued numbness of the lip, chin, or tongue persisting the day after surgery.
- Any mobility of the implant or healing cap during the healing period.

### Prescription Refill Requests

Prescription refill requests for narcotic pain relievers such as hydrocodone and oxycodone must be made during normal business hours as you will be required to pick up a new handwritten prescription. New government regulations prohibit calling in or faxing these prescriptions as new prescriptions or refills.

### When to Call the Office

- Fever over 101 degrees.
- Severe, bright red bleeding that you cannot control.
- Severe, hard swelling after one week.
- Prolonged severe pain that is not relieved after several doses of pain medication.

### How to Contact Us

If you have questions, please call our office during the hours of 7:00 a.m.–4:00 p.m. Monday–Friday. (608) 274-0770