



## Dental Implant Postoperative Instructions

Avoid rinsing, spitting, or touching the surgical area on the day of surgery. There will be a metal healing cap at the gum line.

### Bleeding

A certain amount of bleeding is to be expected following surgery. Excessive bleeding may be controlled by first gently rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for 30 minutes. Repeat as necessary. If bleeding continues, bite on a moistened black tea bag for 30 minutes. The tannic acid in the tea bag helps to form a clot by constricting blood vessels. To minimize further bleeding, try to relax, sit upright, and avoid exercise. If bleeding does not subside, call for further instructions.

### Swelling

The amount of swelling that is typically expected is usually proportional to the surgery involved. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following surgery and will not reach its maximum until two or three days post-surgery. However, the swelling may be minimized by the use of ice packs. After 36 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery.

### Diet

Drink plenty of fluids. Avoid extremely hot liquids or food. Soft foods should be eaten for one week after surgery.

### Pain

You should begin taking pain medication as soon as you pick up your prescriptions. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it. Do not exceed the recommended dose of pain medication.

### Antibiotics

If you have been prescribed antibiotics, take as directed. Discontinue use in the event of a rash or other unfavorable reaction. Call the office if this does occur or if you have any questions.

### Oral Hygiene

Good oral hygiene is essential to good healing. You can brush your teeth the night of surgery. Be gentle initially when brushing the surgical areas. The day following surgery, if prescribed, use the Peridex Oral Rinse. Use twice daily, after breakfast and before bed, for two weeks. Be sure to rinse for at least 30 seconds. Warm saltwater rinses (one teaspoon of salt in a cup of warm water) should be used at least four to five times a day, as well, especially after meals. Keep the metal healing cap clean by gently brushing it and using a Q-tip dipped in Peridex to gently wipe the cap clean. BRUSH YOUR TEETH TWICE DAILY. It is important to see your general dentist for regular check-ups to maintain the implants.

### Activity

After a few days, you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for two to three days, or a reaction to medication, call our office.