

IMPLANT HOME CARE INSTRUCTIONS

Please follow the guidelines below. Call your doctor if you notice any unusual symptoms. Please remember that you are under the influence of medication post-surgery if your procedure was completed with IV sedation; therefore, do not drive, drink alcoholic beverages, sign legal documents, or make any major decisions during the next 24 hours.

1. PROTECTION OF THE BLOOD CLOT AND SURGICAL SITE(S)

- Bleeding after implant placement is normal and may last for several hours.
- Put gentle pressure on your cheeks, jaws, and chin with cool packs.
- If you have a removable denture, then place gauze in the molar region and bite down.
- If there is no active bleeding, then leave the gauze out.
- Lay in a semi-reclined position. Keep your head above your heart unless you feel faint.
- Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours.
- No strenuous physical activity or smoking for 10 days.
- Oral mouth rinse should be continued for 2 weeks if prescribed.

2. RINSING

Rinsing may dislodge the blood clot and interrupt the normal process of healing. Carefully follow these steps in order.

- Day 1 (Day of surgery/first 24 hours after surgery):
 - a. Do not rinse or brush your teeth.
 - b. Do not spit.
- Days 2 and 3:
 - a. Brush your teeth 2 times a day. Be gentle around the surgical sites.
 - b. If you have a non-fixed denture, remove it to rinse and clean the inside of the denture.
 - c. Begin gentle rinsing using a glass of warm salt water solution (½ teaspoon of salt per 1 cup of water). Repeat rinsing after meals. If you were prescribed a solution, rinse as directed.
 - d. Do not brush the gums. Avoid brushing the surgical site.
- Day 4 until day 42 (6 weeks):
 - a. Same regimen as days 2 and 3, however, rinse with a little more force.
 - b. Continue rinsing and cleaning in this manner for 6 weeks.

3. CARE OF TEETH

Starting day 2, brush your teeth 2 to 3 times a day. Be careful of the incisions. No temporary prosthesis may be placed on the implant site for at least 3 weeks unless advised otherwise. Do not start a Waterpik® until 12 weeks after the surgery.

4. SWELLING / FEVER / BRUISING

A cool pack placed on your face will be beneficial to help control swelling and bruising. This should be used for at least 48 hours. If extreme swelling or a fever temperature above 101.5 occurs, contact the office. It can be common for your face to be bruised or swollen for 2 to 3 weeks after surgery.

5. PAIN

Some discomfort is normal following oral surgery. Specific medication instructions will be provided during discharge teaching. PLEASE TAKE THE MEDICATION AS PRESCRIBED. It is often beneficial to take the medication after eating to help prevent nausea. Do not drive while using narcotic pain medications.

6. NO SMOKING OR ALCOHOL

Do not smoke for 10 days or drink alcohol for 48 hours following oral surgery. This may cause a disruption of healthy blood clot formation and increase the chances of complications, such as prolonged healing, wound breakdown, and post-operative infections.

7. DIET

No hot liquids for the first 24 hours. Cool liquids are best to start, but avoid sucking through straws. When the numbness starts to wear off, advance to a soft food diet but avoid chewing in the area of surgery. Eat something after your surgery. A soft food diet is recommended for 4 weeks. A cool pureed diet (like smoothies) are best for the first day.

8. SHARP BONY EDGES

You may feel hard, sharp areas on the surgical site. Leave them alone: never pick or scratch at them. Notify the office staff at your post-operative check-up.

9. NAUSEA

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you may need to stop the pain medications or take an additional anti-nausea medication.

10. ACTIVITY

Rest and relax. Limit vigorous physical activity for the first 3 to 4 days after surgery. After 4 days, you may resume activity as tolerated unless otherwise directed.

NOTE: If a healing abutment was placed on your implant, it may loosen as it is not a precision fit by design. It is meant to come off for restoration. Please do not panic, it is likely NOT your implant loosening. Simply call APEX the next business day and your surgeon will re-tighten it if necessary.