

## Your Post-Operative DIEM® Implant Care

For the safety of patients who have been sedated with an IV anesthetic, do not allow them to move about unattended! To assist you in your recovery, Beacon Oral & Maxillofacial Surgeons provides a complete post-operative kit for your convenience.

### WHAT'S YOUR KIT FOR?

**Gauze Dressings:** Place this along your surgical site, pinch to apply pressure from the cheek side to the tongue. Hold it in place for 30 minutes to cease any bleeding.

**Salt Packets:** On the second day, we'd like you to begin saline rinses to assist healing. These salt packets are ideal for making saline on the go. Just pour the salt packet into a tall glass of water and stir. Then swish this rinse over your surgical site. We recommend rinsing 4 times per day for the first two weeks.

**Boost Shake:** A little extra sustenance for your surgery day. (For patients undergoing IV Sedation)

**Beacon Oral & Maxillofacial Surgeons Lip Balm:** Ahh, feel the soothing balm.

**Coupon for a tasty treat:** Tasty treats are good, of course.

### WHEN SHOULD I BE CONCERNED?

Most surgery patients are unfamiliar with what normal post-operative recovery is and what is atypical. Here are a few things to look for:

**Bleeding:** Intermittent bleeding or oozing is normal. Bleeding should never be severe. If it is, try repositioning fresh packs to allow you to place firm pressure over the area. Always hold pressure for a minimum of 45 minutes at a time. If bleeding persists you may substitute a tea bag for the gauze. Wet the tea bag with hot water, squeeze it damp-dry and wrap it in a moist gauze. Apply pressure over the surgical area for 45 minutes. If bleeding remains uncontrolled, please call our office. Gauze will look light pink, spotted, or rusty colored when bleeding is controlled. When bleeding is controlled, gauze may be left out.

**Swelling:** Often, there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 12 hours after surgery.

**Nausea:** In nearly all cases, if you experience nausea it is most likely from your prescribed narcotic pain medication. Allow the nausea to subside and take a smaller dose at your next interval. Often, breaking the tablet in half is sufficient to control pain without nausea. If nausea persists, please call our office.

**Diet:** Take out gauze packs while eating. Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Avoid foods like nuts, sunflower seeds, popcorn, etc., that may get lodged in the socket areas. Over the next several days you can progress to solid foods at your own pace. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. Do not use a straw, spit, or suck on anything. If you are diabetic, maintain your normal eating habits as much as possible. Follow instructions from us or your physician regarding your insulin schedule.

### ADDITIONAL INSTRUCTIONS FOLLOWING SURGERY

**Use Caution:** Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with any objects or your fingers. DO NOT SMOKE for at least 48 hours, since it is detrimental to healing.

**Brushing:** Begin your normal hygiene routine the day after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort.

DO NOT USE a Sonicare around your implants until your surgeon gives you authorization. Usually this will be 4 to 6 months.



## Your Post-Operative DIEM® Implant Care (Cont.)

DO NOT USE a Waterpik or electric flossing device.

Be aware of any other device or mechanism that can introduce vibrations! These devices can cause implant integration issues!

**Syringe:** If you were given an irrigating syringe, start using it the fifth day after surgery to keep sockets clean. Mix one teaspoon of salt dissolved in a tall glass of warm water. Fill the syringe with the warm salt water and irrigate any open sockets gently, especially after eating.

**Sharp Edges:** If you feel sharp edges in the surgical areas with your tongue it is probably the bony walls which originally supported the teeth. Occasionally small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth, but if they are bothersome we will remove them. Please call the office if you are concerned.

**Mouth Rinses:** Keeping your mouth clean after surgery is essential. You have been given a prescription for Peridex oral rinse: Rinse for 30 seconds with 15ml of Peridex 2 times a day. Use Peridex only during the first 2 weeks of healing. NOTE: Peridex may cause alteration of taste perception during use and may increase staining of teeth and other oral surfaces. To avoid this, use Peridex only during first 2 wks of the healing process. There is no need for prolonged use. Do not eat or drink for 30 minutes following the rinsing.

**Special Instructions:** For the 2nd to 6th week after surgery, use “Super Floss” to gently floss the areas, LIGHTLY “polish” with an ultra soft toothbrush and warm water. After 6 weeks, brush and floss as normal, but do not use a mechanical toothbrush (SoniCare or Oral B).

Following these instructions will assist you, but if you have questions about your progress, please call the office. It is our desire that your recovery be as smooth and pleasant as possible. Calling during office hours will allow a faster response, however, a 24-hour answering service is available for after hour's contact with the doctor. If you anticipate needing more prescription pain medication prior to the weekend, please call the office on Friday before 2:00pm.