

POST-OPERATIVE CARE FOLLOWING IMPLANTS OR BONE GRAFT

GENERAL INSTRUCTIONS

1. On the day of surgery, do not rinse, spit, or drink through a straw.
2. Do not disturb the surgery site or overexert yourself. It may cause bleeding, irritation, or infection.
3. The day after surgery, continue normal brushing and use a warm salt water rinse ($\frac{1}{4}$ teaspoon salt in a glass of warm water) every 2–3 hours for 3 days.
4. Pain may last for 10–14 days following surgery. Usually the third day is the most uncomfortable.
5. Following surgery, you should eat a soft diet for 24–48 hours. Avoid chewing over the surgical sites until instructed otherwise by your doctor. You should supplement your diet with plenty of fluids and gradually return to your normal diet as tolerated. Avoid spicy foods and drinks for 2 weeks.
6. Avoid alcohol or smoking during the first week following surgery.
7. Ice packs may be used for the first 24 hours after surgery to reduce swelling.
8. You may have sutures placed in your mouth to control bleeding and hasten healing. They will dissolve on their own within 1–2 weeks. Occasionally non-resorbable sutures are placed and will need to be removed in 1–2 weeks.
9. There is a doctor on call 24 hours a day.

BLEEDING

1. If you were given gauze, change it as directed every 30 minutes until active bleeding has subsided (usually 2–3 hours). Some bleeding may last for 24 hours.

SPECIFIC INSTRUCTIONS

1. Apply ice to jaw for the first 24 hours.
2. Leave immediate denture, partial, or flipper in mouth for 24 hours, then remove it and begin salt water rinses ($\frac{1}{4}$ teaspoon salt in a glass of warm water). Rinse every 2–3 hours for 3 days. Wear your denture or partial as much as possible to reduce swelling from the surgical site. If you do not have a denture or partial, begin salt water rinses 24 hours after surgery.
3. After 24 hours, use heat on swollen areas as directed for the next 2–3 days.
4. You have been given the following prescriptions:
 - a. Pain medicine should be taken as needed. You may take ibuprofen (400–600mg every 6 hours) in addition to or instead of your prescription pain medication. While taking prescription medication, do not drive or operate heavy machinery. Be sure to eat something prior to taking pain medicine to reduce nausea.
 - b. Nausea medicine should be taken as needed. You may take the nausea medication in conjunction with the pain medication to help with discomfort. While taking this medication, do not drive or operate heavy machinery.
 - c. No prescriptions will be called in after hours.