

# After Dental Implant Surgery

## Post-Operative Instructions for Implants

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you-experience any complications, please call our office.

### FOR THE REMAINDER OF THE DAY:

- 1) Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.
- 2) Do not use a drinking straw. Drink straight from the cup.
- 3) Do not smoke.
- 4) Keep fingers and tongue away from the surgical area.

Spitting, the use of a straw, smoking, and poking can dislodge the natural blood clot that is forming, and will cause bleeding from the area. Also, smoking can increase the chances of infection.

### FOR BLEEDING:

Some minor bleeding is expected after implant surgery. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours. Upper implants may occasionally trigger some bleeding from the nose. This is normal and will stop quickly.

- 1) Keep gauze on the surgical area with some pressure for 30 to 45 minutes.
- 2) Remove the gauze after 30 to 45 minutes. If you are still bleeding, replace it with clean gauze. It is important to make sure the gauze is directly on the surgical site. Firm pressure for another hour should stop the bleeding.
- 3) If you find that this is not working after your third attempt, use a moistened tea bag instead of the gauze. The tannic acid in tea will help to form a clot, and stop the bleeding.
- 4) If all else fails, call the office.

### FOR SWELLING:

Most patients will experience some swelling after oral surgery. It may be mild or severe, and is different for every patient. Inflammation can increase for the first 24 to 48 hours before it begins to subside. It may last for several days to one week. Some bruising may also develop on the face.

- 1) Place an ice pack against the cheek or face next to the surgical site. Keep it on for 15 to 20 minutes, then off for 10 minutes, and repeat until you go to sleep. Continue the next day.
- 2) Sleep with your head elevated slightly above the heart. This will keep swelling down.
- 3) On the third day, change to moist heat instead of ice packs. This will bring the swelling down quicker.

#### EATING:

You may eat soft foods as soon as the anesthetic wears off. Try not to chew directly on the surgical site. You may resume a regular diet as soon as you feel up to it. Please stay well nourished, and well hydrated, you will heal faster.

#### BRUSHING:

Avoid the surgical area when brushing your teeth tonight and/or tomorrow morning. Be gentle, and do not spit or rinse forcefully. You can begin brushing the surgical area on the second day, but be very gentle on the stitches.

#### RINSING:

Gently rinse with warm salty water every few hours, today. Do not use mouth rinses containing alcohol until a few days after the procedure.

#### MEDICATIONS:

You were probably given one or more prescriptions for medications. Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, diarrhea, or cannot swallow your pills.

- 1) Antibiotics: Continue until the bottle is empty. Do not quit halfway.
- 2) Pain Medicine: Continue as necessary. Remember that narcotics can make you drowsy, so no driving, operating machinery, or alcoholic beverages while you are taking them.
- 3) Mouth rinse: Rinse with Peridex or Periogard twice daily. Swish with one-half ounce for thirty seconds before spitting.