

Post Operative Instructions for Patients Undergoing Dental Implant Surgery

Immediate Post Op/First Day/Overview:

- **Numbness:** Your jaw, cheek, tongue & lip may be numb for up to twelve hours after surgery. Therefore use caution to avoid biting the numb tissues.
 - **Bleeding:** You will likely leave the office with gauze in your mouth. Remove the gauze after 1/2 hour; replace with fresh gauze every 30 minutes for 2 to 3 hours if bleeding persists. After the initial bleeding is under control (only slight oozing of blood from the surgical site) you may drink cool liquids and advance to warm liquids within 4 hours. If bleeding persists beyond 3 hours place a cool moist non-herbal tea bag at site for 60 Minutes.
 - **Medication:** Prior to the first sign of pain or discomfort just as the numbness is wearing off, take an analgesic tablet as prescribed. Any pain medication can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them. If you wait for the pain to become unbearable before using the pain medication the pain will be more difficult to control.
 - **Disturbing the area of surgery:** The First stages of healing are aided by the placing tissues at rest. Avoid vigorous chewing, excessive spitting, or aggressive rinsing to avoid delayed healing, bleeding or infection. You may brush your teeth, the first day, except at the surgical site.
 - **Swelling:** You may apply an ice pack to your face/jaw over the surgical site for 30 minutes every 2 to 3 hours. Repeat the cycle until bedtime the first day. Discontinue the ice completely after the second day
- DO NOT DRIVE AN AUTOMOBILE OR ATTEMPT ANY HAZARDOUS TASKS** for 24 hours following surgery if you have had intravenous sedation, or if you are taking prescription pain medication.
- **Regular medications:** do not stop taking required medication prescribed by your physician (for diabetes, high blood pressure, etc) unless directed to do otherwise.
 - **Stitches:** (also known as sutures) are usually placed to control bleeding , aid healing and tissue positioning. The sutures we use for your implant surgery typically do not dissolve.
 - **AVOID SMOKING COMPLETELY.** Smoking will slow the healing process and may also contribute to failure of the implant to integrate (fusion to the bone). Do not place gauze over the surgical site and smoke, this will only concentrate substances hazardous to healing and worsen the problem.
 - Avoid strenuous activity or aerobic exercise for 3-5 days following surgery.

Instructions

Bleeding

- **Bleeding:** Expect minor bleeding or **OOZING** from the surgical site. This oozing may continue for two days after surgery. For the first ½ hour, keep firm pressure on the area of surgery by continuously biting on the gauze sponge placed in your mouth. If bleeding persists, continue pressure on a fresh sponge for an additional 30 minutes for up to 2-3 hours. Biting on a moist tea bag (non herbal tea), may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting. If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge or black tea bag to the bleeding site. This may need to be repeated several times at 30-60 minute intervals until the bleeding is under control. Should active bleeding persist, please call the office.
- **Bruising** marks may appear on the skin of the face during the first few days after surgery. Moist heat application will help relieve this condition. Apply the moist heat only after 48 hours following surgery.

Swelling

- Rest and sleep with your head slightly elevated for a few days after surgery to help reduce swelling.
- Swelling related to the surgical procedure may occur during the first 24-72 hours following surgery, often increasing on the second day. It should begin to subside on the fourth day. Swelling can be minimized a great deal by placing an ice pack on the side of your face for 30 minutes every 2-3 hours during the first 24 to 48 hours following the surgery until bedtime. Anti-inflammatory medications, also help decrease swelling.
- Any swelling, soreness, or stiffness remaining after 48 hours in the jaw muscles can be relieved by applying a warm moist towel to the affected side of the face in the same manner as you used the ice previously. Moist heat should only be used after the first 48 hours and may be continued for several days after the surgery. If the swelling, tenderness, or pain should increase after the first few days, call the office.

Diet

- **Fluid intake:** It is important to aggressively drink plenty of fluids to avoid dehydration.
- **Good nutrition** must be maintained following oral surgery even if mouth soreness and jaw stiffness are present.
- **Food selection** is largely a matter of your choice, we suggest the following:
 - > **First 1 ½ days:** - Drink liquids only. Start with cool clear liquids for the first few hours then advance to a temperature of your choice with clear or full liquids.
 - > **Days: 2 to 5** - Soft, cool or warm foods that require little or no chewing are most easily tolerated at this time. A nutritious diet is necessary to promote healing and a speedy recovery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications.

- **Suggested food choices:**

- > **CLEAR LIQUID DIET:** Limited to the following:

Black coffee Cranberry Juice
Black tea Gatorade
Jell-O Kool-aide
Apple juice Ginger Ale
Bouillon Popsicle's
Water

- > **FULL LIQUID DIET:** All of the above plus the following:

Milk Ice cream - all flavors
Milk shakes - all flavors Sherbet - all flavors
Cooked cereal with milk or cream Creamed soups (no large chunks)
Pudding - all flavors Yogurt
Applesauce Blended foods
Protein drinks Juices

- > **SOFT DIET:** All of the above plus the following:

Mashed potatoes with gravy Stews
Pasta dishes Soft cooked eggs
Soft fruit - fresh, frozen or canned Soft cooked meats (Fish, Chicken, Ground Beef)
Soft cooked vegetables Macaroni & cheese

- > **Advance to a regular diet as tolerated after the 5th day.**

Mouth Care

- On the morning after your surgery, rinse your mouth carefully with a solution made by adding $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt to a 8 to 10 oz glass of warm water. Repeat 3 to 4 times a day for 1 week. Please do not use a syringe or Water Pick near the surgical sites during the first week as it can dislodge the blood clot and tissue.

- Avoid disturbing the surgical site with your tongue, aggressive tooth brushing or vigorous rinsing. Resume brushing any remaining teeth and your regular oral hygiene as soon as possible. Gently brush the teeth adjacent to the implant sites within 24 hours.

Specific Instructions following dental implant surgery:

- Do not use topical oral medications.

- Your old dentures or flipper partials may not be worn until adjustments have been made (relining). Wearing of dentures prior to the adjustment will interfere with implant integration (fusing of bone to the implant).
- If a one-stage implant was placed so that you can actually see the metal part protruding from the gum tissue, it is very important for you to keep this area clean. You may start with a Q-tip dipped in Peridex or even warm salt water. Just clean the metal part protruding from the tissue. Then brush the surrounding teeth with a soft toothbrush. You may brush the implant as well.
- Avoid chewing hard foods on the implant sites. Chewing forces during the healing phase can decrease the body's ability to heal around the implant.

Medication Instructions:

- **Antibiotic:** If you were given an antibiotic, take the antibiotic, as prescribed, with food. It is important to take the antibiotics until all of the pills are gone. Failure to do so may increase the chance of infection.
- Yogurt with active cultures or acidophilus, or probiotics should be taken while on antibiotics to help prevent diarrhea and yeast infections.
- > Antibiotics can sometimes render birth control pills ineffective!! Please use a substitute method of contraception for the remainder of your current menstrual cycle.
- **Chlorhexidine mouth rinse:** If you are given a prescription for chlorhexidine mouth rinse, begin using the mouth rinse the day after surgery. Rinse with ½ oz for 30 to 60 seconds then spit it out. Do this twice a day for 7 to 10 days. Rinse with chlorhexidine mouthrinse after you brush your teeth in the morning and before you go to bed at night.

- **Pain medication:**

Take the Ibuprofen 400 to 800mg 3-6 times a day to manage moderate pain.

- > The Ibuprofen should not make you sleepy, drowsy or disturb your hand eye coordination therefore it can be taken while driving, working or at school, etc.
- > Do not take more than 2400mg in a 24 hour period.

Please do not drink alcoholic beverages while taking narcotic pain medication.

- Faithful compliance with these instructions will add to your comfort and hasten your recovery. Be sure to follow these instructions carefully. This will help you avoid the complications, which lead to unnecessary discomfort and delayed recovery. Should any undue reaction or complications arise, notify the office immediately.