

## DENTAL IMPLANT POSTOPERATIVE INSTRUCTIONS

- ❖ For the next 24 hours no spitting, smoking or drinking through a straw. Please keep fingers and tongue away from the surgical area. Spitting, the use of a straw, smoking, and poking can dislodge the blood clot that is forming, and will cause bleeding from the area. Also, smoking can increase the chances of an infection.
- ❖ 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.
- ❖ If bone grafting procedure is done during the implant surgery, then you may notice few small granules appearing in the mouth. This is not a cause of any concern and is completely normal.
- ❖ If sinus bone grafting is done during the placement of upper implants, then you should avoid blowing the nose two weeks after implant placement surgery.
- ❖ Most patients will experience some swelling after surgery in the mouth. It may be mild or severe, and is different for every patient. The swelling will get bigger for the first 24 to 48 hours before it starts to go away. It may last for several days to one week. Some bruising may also develop on the face. Use an ice pack on the cheek or face next to the surgical site. Keep it on for 15 to 20 minutes, then off for 10 minutes, and repeat this process for the next several days. Sleep with you head elevated slightly, above the heart this will keep swelling down.
- ❖ 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.
- ❖ You may brush your teeth, avoiding the surgical area, either tonight, or tomorrow morning. Be gentle, and do not spit or rinse forcefully. Start brushing the surgical area on the second day, and be very gentle on the stitches, if any.

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- ❖ Success of implant surgery is dependent on oral hygiene of the patient. You should use a mouthwash within 24 hours after surgery; keep half a cap-full of mouth wash over the surgical site for a minute. It will help in cleaning the healing site. You should gently start brushing on the surgical site after few days. You can brush and clean your other teeth normally after dental implant surgery. Waterpik should be avoided. Mouth should be kept as clean as possible. There should be no food deposits on the surgical site and you should rinse following eating.
- ❖ Smoking delays the healing process so we advise you not to smoke until the wound has healed.
- ❖ It is vital to follow all these instructions for success of implant surgery. When the bone grows around implants, then you may experience some discomfort around the area. It may last for several weeks. Ibuprofen or Acetaminophens can be taken by the patient for pain relief.
- ❖ If there are signs of infection after implant placement surgery or if you experience nausea, fever or vomiting, then you should contact our office immediately.
- ❖ 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, or diarrhea, or cannot swallow your pills. The following medications are subject to be prescribed: antibiotics, pain medication, and/or medicated mouth rinse such as Peridex (Chlorhexidine).
- ❖ Thank you for trusting us with your restorative dental care and we look forward to serving you or anyone you refer to us in the future with the same courtesy and respect.