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Post Operative Instructions for Implant Surgery

Implant surgeries are typically fairly painless and have minimal swelling. However, expect some discomfort and swelling in the area which should resolve over the next 2-3 days.

The First Day

- Local anesthesia may last 2-8 hours. Be careful not to bite your lips, cheek or tongue. Move your jaw cautiously until feeling has returned.
- Avoid rinsing your mouth or spitting today. Beginning tomorrow, you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2-3 hours for the first couple of days, then rinse after meals and at bedtime for the next 2 weeks.
- Do not brush or floss in the area of surgery for the first 24 hours.
- For the first 24 hours following surgery, a responsible adult should be available to assist you.
- Ice applied over the surgical site during waking hours for the 24-48 hours will minimize swelling. Apply for 20 minutes then give a 20 minute rest.

General Guidelines

- No strenuous activities for the first few days following your surgery.
- Avoid tobacco products for at least 72 hours post operatively.
- Avoid straws for 72 hours. It increases bleeding.
- There may be a metal healing cap which is exposed through the gums, brush the healing cap starting the day after the procedure to keep it free from plaque.
- Sometimes we will prescribe a mouth rinse called Peridex® (Chlorhexidine). If so, rinse twice daily for the next 2 weeks.
- Do not pull or pick on the sutures. Most of the time you will have sutures that dissolve within 5-7 days. You will have been instructed to return for a suture removal appointment if your sutures are not dissolvable.

Wound Care

Put light pressure with the gauze over the surgical site for one hour, after that replace and repeat if necessary. Leave out the gauze once the bleeding has tapered off.

Discomfort

Take medication as prescribed by your doctor.

Diet

It is important to maintain your dietary intake. Begin with soft, cold foods. Avoid chewing directly over the implant site and avoid sticky foods. You may resume a normal diet when you feel comfortable. Drink plenty of liquids during the post operative period especially when taking medications.

Report any of the Following to your Surgeon

- Excessive Bleeding
- Persistent Nausea (More than 24 hours)
- Severe, uncontrolled pain.
- Development of rash/itching/wheezing
- Temperature over 101' F (by mouth)
- Incision becomes red, warm, tender, swollen.
- Occasionally, the healing cap may loosen or fall out. This should not affect the stability of your implant. It is important to call us as soon as possible so we can replace it for you. Please bring the loosened component with you.

◆...Dental Implants...Wisdom Teeth...Dentoalveolar Surgery...Extractions...Pathology...Corrective Jaw Procedures...Reconstruction...Trauma...◆