

DENTAL IMPLANT SURGERY AFTERCARE INSTRUCTIONS

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues profusely, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag—or a plastic bag or towel filled with ice—on the cheek in the surgical area. Continuously apply ice, 20 minutes on, 20 minutes off for the first 36 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Only consume soft foods and liquids on the day of surgery. Please eat a soft, bland diet for the first five to seven days. Do not eat small, hard, or crunchy foods for the next three weeks (i.e., popcorn, chips, nuts, seeds, rice).

Pain

You should start taking pain medication as soon as possible. For moderate pain, take one or two tablets of acetaminophen (Tylenol or Extra Strength Tylenol) every three to four hours. You may take ibuprofen (Advil or Motrin) instead of acetaminophen (Tylenol). Ibuprofen bought over the counter comes in 200 mg tablets. You may take two to three tablets four times daily, but do not exceed 3,200 mg.

For individuals under 18, contact our practice for dosing guidance. Do not take the two medications at the same time.

We suggest taking 600 mg of ibuprofen first. Three to four hours later, take one extra strength acetaminophen. Alternate between the two medications every three to four hours as needed for pain.

For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic to them, or have been instructed by your doctor not to take it. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Good oral hygiene is essential to good healing. If prescribed, rinse your mouth with Peridex twice daily, after breakfast and before bed, beginning the day after surgery. Rinse for at least 30 seconds before spitting it out. Warm saltwater rinses (one teaspoon of salt in a cup of warm water) should be used at least four to five times a day as well, especially after meals. Brush your teeth and the healing abutments. Be gentle while brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, discontinue exercising. Keep in mind that you are probably not taking in normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing Your Prosthesis

Partial dentures, flippers, or full dentures, should not be used immediately after surgery for at least 10 days, as discussed in the preoperative consultation.