

POSTOPERATIVE INSTRUCTIONS:

DENTAL IMPLANTS

FOR THE REST OF THE DAY

- Don't spit. Use a tissue to clean your mouth when necessary, or swallow your saliva.
- Do not use a straw to drink. Drink straight from the cup.
- Do not smoke.
- Keep your fingers and tongue away from the surgery area.

Spitting, using a straw, smoking, and touching the surgery area can loosen the blood clot that is forming and cause bleeding in the area. Smoking can also increase the chance of an infection.

BLEEDING:

There may be slight bleeding after dental implant surgery. It will usually go away quickly and stop within an hour or two after surgery. A little oozing is normal and can continue for several hours.

- Keep the gauze on the surgical area biting down with some pressure for 30–45 minutes.
- If it continues, call the office.

SWELLING:

Most patients will experience some swelling after mouth surgery. It can be mild or severe and is different for each patient. Swelling may increase for the first 24–48 hours before it begins to decrease. It can last several days. Bruises may also appear on the face.

DIET:

You can start with non-abrasive foods such as mashed potatoes, pasta, soup, or scrambled eggs as soon as the local anesthetic wears off.

You can resume your regular diet when you feel comfortable; however, please try not to chew directly on the implant sites.

ORAL HYGIENE:

You can begin to rinse tomorrow, very gently, with a little warm salty water (1 teaspoon of table salt in 8 ounces of warm water). You can brush your teeth normally, but be very careful when brushing near surgical sites.



SUTURES:

Unless you are instructed otherwise, the sutures used during your procedure will dissolve and will fall off on their own. This usually occurs in the first week after surgery, but can vary from 4-10 days.

BONE GRAFT MATERIAL:

If your surgeon put the bone graft material in when the dental implant was placed, you may notice a little gritty material in your mouth.

This is nothing to worry about and should go away within a day or two.

IMPLANT VISIBILITY

Depending on the location and stability of the implant that was placed, your surgeon may decide to "bury" the implant under the gum tissue. Finally, you will come back and the implant will be uncapped so it can be restored.

If stability is optimal, the second stage procedure can be skipped and an accessory protruding through the gum tissue is placed and will be visible. Once the bone has healed, the restorative dentist can access the implant without the need for further surgery.

FINAL PLACEMENT OF THE DENTAL CROWN

Generally, a dental crown can be attached to a dental implant once the implant has "fused" to the bone. This is a process called Osseo integration.

The time in which the bone must heal varies in each case and will be discussed with your surgeon. The time required for Osseo integration depends on the quality of the bone, the quantity, and the stability of the implant at the time of placement.

MEDICINES:

You were probably prescribed one or more medications. Take them as directed on the container. Call us if you experience severe nausea or diarrhea, or cannot swallow your pills.

- Antibiotics: Continue until container is empty. Don't leave it unfinished.
- Pain Medicine: It is usually necessary to take narcotics for pain on a scheduled basis (every 4–6 hours) for the first 24 hours and as needed thereafter. Remember that narcotics can make you drowsy, so don't drive, swim, operate machinery, and don't drink alcoholic beverages while you are taking them.
- You can decrease the narcotic medicine and replace it with 500 milligrams of acetaminophen (Tylenol®).



- You can take ibuprofen 600 mg, every 6 hours while you are awake, for the first 4 or 5 days, if you have been told to do so.

EXERCISE:

Once you are no longer taking narcotics for pain, you can resume your normal activities depending on how you feel. At first, exercise and other recreational activities slowly, slowly increasing your activity over several days until you return to your normal routine.

Please, if possible, follow these instructions. They are designed to help you heal quickly and comfortably.

QUESTIONS?

We are here to help you.

If you have any questions about your procedure or treatment plan, please contact us at any time.

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