

# DENTAL IMPLANT

## POST-OPERATIVE INSTRUCTIONS

Care of the mouth after surgery has an important effect on healing. Depending on the extent, nature, and the location of surgery; swelling, discomfort, slight oozing of blood, and restricted jaw movement should be expected. These need not cause alarm and may be minimized if the following post-operative instructions are followed:

### Care of the mouth

- ◆ Do not rinse, swab your mouth or brush your teeth on the day of the surgery.
- ◆ Starting on the second day, rinse your mouth gently with *Chlorhexidine Gluconate* or *Peridex* (usually prescribed to you after surgery) twice daily until your first post-operative appointment. You may resume routine brushing of teeth and oral care avoiding the surgical site.
- ◆ Do not pull on lips or cheeks to view the surgical site and do not use Water Pik (if you're using one). This can open the surgical site and retard healing.
- ◆ Avoid smoking, alcohol, or drinking through a straw, as these may disrupt the healing, promote bleeding, and or pain.

### Bleeding

It is not unusual to have slight oozing for 24 hours and periodic break-through bleeding for 10 days after an oral surgery procedure. Remember, a drop or two of blood mixed with saliva may seem like more blood than there really is. To minimize bleeding:

- ◆ Avoid frequent spitting or rinsing your mouth on the day of the surgery.
- ◆ If you have been instructed to wear your dental appliance, keep it in place for the first 12 hours as it will help control the bleeding.
- ◆ If no appliance is worn, keep firm pressure with gauze on the area as instructed.
- ◆ A moistened tea bag when applied with firm pressure will often control bleeding.

### Swelling

You may experience swelling after surgery. The swelling peaks in appearance in 2-3 days and take up to 10 days to return to normal. Applying ice packs for the first 24 hours, with 20 minutes on and off intervals and elevating your head may help decrease swelling. If you experience swelling several weeks after your surgery, please make an appointment to see Dr. Ehsan.

To minimize swelling:

- ◆ Apply an ice pack to the operated side of your face for the first 24-48 hours, with 20 minutes on and off intervals.
- ◆ Switch to warm moist heat packs after 48 hours and warm mouth rinses.
- ◆ If you have been given a medication to control swelling, take it as instructed.

### Discomfort

A certain amount of discomfort must be expected with any surgery and medication usually will be prescribed to make you comfortable. You will be numb (pain free) after the surgery for the next few hours depending of how much anesthesia was administered during the surgery. You should start taking your pain medication before the numbness wears off. Remember, after the pain medication is swallowed it may take one hour to take effect. The discomfort may be the greatest for most patients on the night of the surgery. Some patients report greatest discomfort second or third day after surgery (coinciding with the greatest swelling). All narcotic-containing medications may impair the mental and physical abilities required for performance of potentially hazardous tasks such as driving a car or operating machinery.

To minimize pain:

- ◆ 30 minutes after surgery, remove gauze packs (if placed on the surgical site), eat soft food, and start taking your pain medication.

### **Diet**

Eat whatever is comfortable. You may require soft or liquid foods for 2-7 days. Avoid foods that require hard chewing. It is very important to maintain good dietary intake even if only liquids.

- ◆ Soft foods: soup, mashed potatoes, eggs, yogurt, pudding, jello, ice cream and blenderized foods.
- ◆ Avoid chips, popcorn, and peanuts...
- ◆ Avoid drinking through a straw as this may cause some bleeding.
- ◆ Avoid alcohol

### **Activity**

- ◆ No heavy lifting or strenuous exercise for at least 2-3 days after surgery.
- ◆ Avoid over fatigue. Got to bed early at night and get adequate rest during the day.

### **Nausea**

Nausea may accompany the discomfort during the initial post-operative period. Small sips of 7-UP, ginger ale, or broth may help. Sometimes nausea and vomiting are associated with narcotic pain medications. Taking your pain medication on a full stomach can alleviate this problem. If nausea continues, you may want to stop the prescribed pain medication and switch to regular Tylenol or Ibuprofen.

### **Antibiotics**

It is very important that your antibiotics (if prescribed) be taken as directed until all are used to prevent the possibility of infection. If you develop an adverse reaction (rash or itching), discontinue the antibiotic, and contact our office.

Female patients should be aware that oral contraceptive (birth control pills) may be less effective while taking antibiotics. You should use a second method of birth control while taking antibiotics.

### **Special Instructions**

- ◆ If you wear a full or partial denture or a customized denture is made, it is very important to follow the instructions regarding its use after surgery. Usually the denture will be modified to relieve pressure over the implant site. It is best to wear your denture as little as possible during the day and not to wear it at night.
- ◆ If bone graft and /or guided tissue regeneration (GTR) material has been placed, you may experience more discomfort than if you only have an implant(s) placed. It is important to prevent any kind of pressure on the grafts and GTR as to avoid exposing these to the oral environment. If it become exposed (i.e. becomes visible or you feel it extruding on the surgical site), contact our office to schedule an appointment.
- ◆ Suture (stitches) is usually placed to close the surgical site. It is best not to disturb the surgical area. Usually it will dissolve in 2-10 days. If a non-resorbable stitch is placed, do not attempt to remove or play with your tongue. If it bothers you, please call the office for an appointment.

You will be expected to return for periodic follow-ups until the implant becomes stable. This is usually a period of three to six months, depending on the type of implant and where it was placed.

After the healing period has completed, you will need to come back to expose the implant(s) and place a temporary healing abutments or post (if this procedure wasn't done during the placement of the implant(s) or if the implant(s) was buried underneath your gums). You will be then referred to your general dentist for final restorative work.

IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE TREATMENT OR CARE, PLEASE DO NOT HESITATE TO CALL US **415-395-9987**. IT IS OUR DESIRE TO ASSIST AND SUPPORT YOU DURING YOUR TREATMENT, AND WE ARE ALWAYS AVAILABLE IF YOU NEED US.