

# Oral Surgery Center

## Post-Surgery Care for Dental Implant (s)



*After implant placement do not disturb the wound. Avoid rinsing, spitting vigorously, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue.*

### **FOR THE REMAINDER OF THE DAY:**

- 1) Do not spit vigorously. Use a tissue to wipe your mouth as needed, or swallow your saliva, or spit gently to avoid bleeding.
- 2) Do not use a drinking straw. Drink straight from the cup.
- 3) Do not smoke.
- 4) Keep fingers and tongue away from the surgical area.  
Spitting, sucking, the use of a straw, smoking and poking can dislodge the blood clot that's forming, and will cause bleeding from the area. Also, smoking can increase the chances of delayed healing or an infection.

### **Pain**

You should begin taking pain medication prior to the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 4-6 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, or have been instructed by your doctor not to take it.

### **ANTIBIOTICS**

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

### **ORAL HYGIENE**

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex Oral Rinse or over the counter listerine before bed. The day after surgery, the Peridex or listerine should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm salt-water rinses (teaspoon of salt in a cup of warm water) should be used 3 times a day, as well, especially after meals. Brushing your teeth is no problem. Don't brush gums on the surgical area where you had implant (s) or Bone Graft area for 7 days as this may cause bleeding and injury. Then be gentle initially with brushing the surgical areas.

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## DIET

Drink plenty of fluids, Avoid hot liquids or food on the day of surgery. Warm is okay. Soft food and liquids should be eaten on the day of surgery and soft food for few days after surgery. Return to a normal diet after that when possible unless otherwise directed.

## BLEEDING

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, and this is normal and will stop quickly.

- 1) Keep gauze on the surgical area with some pressure for 30 to 45 minutes.
- 2) Remove the gauze after 30 to 45 minutes, and replace it with a new piece of gauze if you are still bleeding. It is important to make sure the gauze is directly on the surgical site. Firm pressure for another hour should stop the bleeding.
- 3) If you find that this is not working after your third attempt, use a moistened tea bag instead of the gauze. The tannic acid in tea will help to form a clot, and stop the bleeding.
- 4) If all else fails, call the office. If after hours, leave a message and the doctor (s) or staff nurse will be paged.

## ACTIVITY

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

## PATIENT(S) WHO HAD SEDATION OR GENERAL ANESTHESIA

Leave with assistance from our office until you get to the car. Then recline the seat in the car. When at home, try to stay reclined or lie down. Standing up or walking around after SEDATION or GENERAL ANESTHESIA, can cause drop in **blood pressure, dizziness, fainting or vomiting.**

## REMOVABLE PROSTHESIS (Dentures, Partials or Flippers):

Removable dental prostheses can be used after surgery ONLY if they have been adjusted at the time of implant surgery. Please check with your doctor about your personal needs concerning wearing your removable prosthesis.