

Patient Instructions: After Dental Implant Surgery

After Placement of Dental Implants

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue. If a temperature greater than 101 persists, notify our office.

Bleeding

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

Swelling

Swelling is a normal occurrence after surgery. It will typically maximize in 48-72 hours, post-op. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice intermittently, as much as possible, for the first 24 hours. The ice should be applied for 20 minutes and removed for 20 minutes. Be careful not to nap with the ice left in place.

Diet

Drink plenty of fluids. Avoid hot liquids or food until the local anesthesia has resolved. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed. Do not chew over the implant area for 3-4 months.

Pain

If you were recommended to alternate Tylenol (1000mg, 2 tabs) and Ibuprofen (600mg) every 4 hours and can tolerate it, start the Tylenol immediately. Continue with this 4-hour regimen as needed. If this regimen is not working, switch the Tylenol to the narcotic, if prescribed (Percocet or Vicodin). Alternate the Ibuprofen and the narcotic every 4 hours.

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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 TAKE OR ALTERNATE NARCOTICS AND TYLENOL (NARCOTICS HAVE TYLENOL IN THEM). DO NOT DRIVE OR OPERATE MACHINERY IF YOU ARE TAKING PRESCRIPTION NARCOTIC PAIN MEDICATION.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent or manage infection. Discontinue antibiotic use in the event of a rash or any other unfavorable reactions that you experience and call our office for further instructions. It is important to discern side-effects versus true allergies. If an antibiotic was prescribed and you are currently taking oral contraceptives, use an alternate method of birth control for the remainder of this cycle

Steroids

If prescribed steroids for the control of swelling, take it as directed.

Oral Hygiene

Good oral hygiene is essential to good healing. Warm saltwater rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas. In some cases, an antibiotic mouth rinse may be prescribed and should be used as directed.

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.