

POST OPERATIVE INSTRUCTIONS FOLLOWING DENTAL IMPLANTS

FOR THE REMAINDER OF THE DAY

- Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.
- Do not use a drinking straw. Drink straight from the cup.
- Do not smoke.
- Keep fingers and tongue away from the surgical area.

Spitting, the use of a straw, smoking, and poking the surgical area can dislodge the blood clot that is forming and will cause bleeding from the area. Also, smoking can increase the chances of an infection.

RINSE

After 24 hours, you can rinse your mouth carefully with 1/2 teaspoon of salt to a large glass of warm water. Repeat three times a day until remaining soreness subsides. Please do not use a syringe or WaterPik during the healing phase.

BLEEDING

Some minor bleeding is expected after dental 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. Keep gauze on the surgical area with some biting pressure for 30–45 minutes.

SWELLING

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe and is different for every patient. The swelling may increase for the first 24–48 hours before it starts to go away. It may last for several days. Some bruising may also develop on the face.

DIET

You may start with non-abrasive foods such as mashed potatoes, pasta, cottage cheese, soup, or scrambled eggs as soon as the local anesthetic wears off. Avoid food with small seeds and grains for several days. You may resume a regular diet as soon as you feel up to it; however, please **try not to chew directly on the implant sites.**

ORAL HYGIENE

You may start rinsing tomorrow, very gently, with some warm salt water (1 tsp of salt in 8 ounces of warm water). You may brush your teeth per usual, though be very careful near the surgical sites.

SUTURES

Unless told otherwise, the sutures used during your procedure are dissolvable and will fall out on their own. This generally occurs in the first week after surgery, but timing varies from 4–10 days.

BONE GRAFT MATERIAL

If your surgeon placed bone graft material at the time the dental implant was placed, you might notice some gritty material in your mouth. This is nothing to worry about and should subside within a day or two.

WILL I BE ABLE TO SEE THE IMPLANT?

Depending on the location and stability of the implant being placed, Dr. Holliday may opt to bury the implant under the gum tissue. In time, you will return and have the implant uncovered so the implant can be restored. If stability is optimal, the second stage procedure can be bypassed, and a healing abutment is placed that protrudes through the gum tissue, which will be visible. Once the bone has healed, Dr. Holliday will be able to access the implant without the need for further surgery.

MEDICATIONS

Antibiotics- Use as directed and finish the regimen.

Pain Medicine- Usually OTC Ibuprofen and Tylenol either alternated or taken together following the directions on the label will be sufficient for post-op discomfort. A stronger prescription pain medicine may be necessary in some cases. **Do not take any medicine you are allergic to.**

ACTIVITY

You may resume normal activities as you feel up to it. Go easy with exercise and recreation the first few days post surgery, and increase your activity slowly over several days back to your normal routine. Avoid blowing your nose for a few days post surgery, especially if an upper implant was placed.

OTHER INFORMATION

Bruising marks may appear on the skin of the face during the first few days after surgery. Should any undue reaction or complications arise, notify the office immediately at 423-756-4448 and remember to always leave a voice message with your name, number and where you can be reached.

The remainder of the healing process can take four to six months from the time the dental implant is placed. You may have to wear a temporary prosthesis and make periodic adjustments to make sure it fits and works correctly.

If you have any problems or any questions, please contact our office immediately at 423-756-4448.