

# Post-Operative Instructions: 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 or drink alcohol.
- **DO NOT rinse your mouth on the day of surgery.**
- Keep fingers and tongue away from the surgical area.

Spitting, the use of a straw, smoking, alcohol, 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.

## 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.
- If all else fails, call our office @ 408-737-2988 during office hours, or Dr. Tao @ 408-338-8561 after office hours.

## 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. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

## **DIET:**

On the day of surgery, patients should avoid hot liquids or foods. Patients may have apple-sauce, pudding, or jello. Starting from the second day, patients can progress to solid foods, chewing away from the surgical sites.

## **ORAL HYGIENE:**

You may start rinsing tomorrow, very gently, with some warm salt water (1tsp of salt in 8 ounces of warm water). You may brush your teeth per usual, though be very careful near the surgical sites. After implant placement, **DO NOT rinse your mouth on the day of surgery.**

## **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. We will remove the suture at 7-10 days follow-up if the suture still presents.

## **BONE GRAFT MATERIAL:**

If bone graft material is used 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, we 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 an attachment is placed that protrudes through the gum tissue, which will be visible. Once the bone has healed, we will be able to access the implant without the need for further surgery.

## **WHEN CAN THE CROWN BE PLACED?**

A dental crown can be attached to a dental implant once the implant has fused to the bone. This is a process called osseointegration.

The length of time the bone must heal varies from case to case. The length of time needed for osseointegration is a function of the bone quality, quantity, and implant stability at the time of placement.

## MEDICATIONS:

You were probably given one or more prescriptions for medications. Take all as directed on the bottle. Call us if you experience severe nausea or diarrhea, or cannot swallow your pills.

- **Antibiotics:** Continue until the bottle is empty. Do not quit halfway.
- **Pain Medicine:** The following information is for healthy adult size patients only with normal liver and kidney function and who are not taking other medications.
  - You may begin taking pain medication as soon as you feel the local anesthetic wearing off. For mild to moderate pain, Ibuprofen (Advil or Motrin) may be taken. Ibuprofen, OTC comes in 200mg tablets: 2-3 tablets may be taken every 6-8 hours as needed for pain. Please do not take it continuously for more than 5 days. For severe pain, 1-2 tablets of Tylenol (Acetaminophen 500mg or 650mg) can be taken with 2 tablets of ibuprofen 200mg every 6 hours. DO NOT drink alcoholic beverages. For most patients, pain or discomfort following surgery will subside each day after the 3rd day. If pain persists, it may require attention and you should call the office. No NOT take any of the above medication if you are allergic, have had a reaction to, or have been instructed by our doctor not to take it.
  - Maximum dose of Ibuprofen is 800mg every six hours and 3200mg in 24 hours.
  - Maximum dose of Tylenol is 1000mg every six hours and 3000mg in 24 hours.

## ACTIVITY:

Restrict your activities the day of surgery and resume normal activity in 2-3 days and only when you feel comfortable. Lying down with your back and head elevated is appropriate. Avoid strenuous activity for at least one week.