



ORAL SURGERY ASSOCIATES

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AFTER PLACEMENT OF DENTAL IMPLANTS

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There will be a metal healing abutment protruding through the gingival (gum) tissue.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. 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. If bleeding continues, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. 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 continuously, as much as possible, for the first 36 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, take 1 or 2 Tylenol or Extra Strength Tylenol every 3-4 hours. You may take Ibuprofen (Advil or Motrin) instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets; take 2-3 tablets every 3-4 hours as needed for pain. For severe pain, take the prescribed medication 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. On the night after surgery, use the prescribed Peridex Oral Rinse before bed. On the day after surgery, use the Peridex twice daily after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Use Warm salt water rinses (teaspoon of salt in a cup of warm water) at least 4-5 times a day, as well, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following surgery. Exercise may cause throbbing or bleeding. If throbbing or bleeding occurs, you should discontinue exercising. In addition, take into account that your body is probably weakened by a lack of normal nourishment.

Wearing your Prosthesis

Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days. This was discussed in the pre-operative consultation.