

## **POST-OPERATIVE INSTRUCTIONS FOLLOWING IMPLANT SURGERY**

### **DAY OF SURGERY**

**FIRST HOUR:** Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place by maintaining constant pressure. The gauze may be gently removed after 15-20 minutes. Place a new gauze pack or moist tea bag over the implant surgical site/s and bite down to obtain pressure over the surgical sites for another 15-20 minutes. Place the gauze or tea bag directly over the surgery site and not between the teeth next to it. The gauze or tea bag may then be changed as necessary (**typically every 15 minutes until active bleeding has stopped and the gauze has a pink color**). This may take several hours. Recline on the ride home and watch to ensure there is no chewing on the tongue or lip while still numb. **While the patient still requires gauze, they should not sleep, to avoid swallowing the gauze.**

**GAUZE:** Gauze packs should be placed directly over the surgical site, to help control bleeding. To create a gauze pack, obtain **two pieces of gauze** and wet one piece with tap water. Squeeze out the excess water to create a rounded piece of gauze. Wrap the wet piece of gauze inside of a second dry piece. Gently squeeze both pieces of gauze together to create a uniform, round gauze pack.

**EXERCISE CARE:** Do not disturb the surgical area. Do not rinse vigorously or probe the area with any objects. You may brush your teeth gently. **Please do not smoke.** Smoking is detrimental to healing and will contribute to an infection or failure of the implant. **Do not manipulate the implant with tongue.**

**OOZING:** Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze or tea bags over the surgical areas and biting on the gauze or tea bags for 15-20 minutes at a time.

**PERSISTENT BLEEDING:** Bleeding should never be severe or excessive. If this does occur, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs and verify they are over the implant sites and not between the teeth next to the surgical sites. If bleeding remains uncontrolled, please call our office. **Do not leave gauze in your mouth while sleeping, eating, or drinking.** Place a towel across your pillow to help catch any small amount of blood that may come out while laying down.

**SWELLING:** Swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag, or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off and may be used during the first 24 hours after surgery. **Do not apply ice after the first 24 hours as this may cause jaw muscles to tighten.** If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

**PAIN:** Unfortunately most oral surgery is accompanied by some degree of discomfort. Over the counter medications are usually sufficient to maintain comfort. **If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better. Although recovery from anesthesia is different for each patient, ibuprofen (if prescribed) can be taken after the first meal, usually 2-3 hours after surgery. The stronger pain medication, if needed, can be taken 6-12 hours after surgery.** The effects of pain medications vary widely among individuals. Remember that the most severe pain is usually the first six to twelve hours after the local anesthetic wears off; afterwards, your need for medicine should lessen, but significant soreness is normal up to a week following surgery. **If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, please call for a refill during weekday business hours.**

**NAUSEA:** Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. Classic Coca Cola or other carbonated drinks may also help with nausea. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better.

**DIET:** Eat soft, easy-to-chew food that can be taken with comfort. Avoid extremely hot foods. Do not use a straw for the first week after surgery. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.) It is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the surgical site. Over the next several days you may gradually progress to solid foods. Please avoid chewing directly on the implant site. It is important not to skip meals! **Eating nourishing foods and remaining hydrated will allow the patient to heal faster.** If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

### **INSTRUCTIONS FOR THE SECOND AND THIRD DAYS**

**MOUTH RINSES:** Keeping your mouth clean after surgery is essential. Use 1/4 teaspoon of salt dissolved in an 8-12 ounce glass of warm water and gently rinse with portions of the solution. Repeat as often as you like, but at least one time daily. If you were prescribed a mouth rinse, please rinse with it as directed.

**BRUSHING:** Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort. The likelihood of infection is reduced when the mouth remains clean. Brush your teeth at least twice per day. A pediatric soft toothbrush may be helpful to brush the teeth adjacent to the implant.

**HOT APPLICATIONS:** After the first two days, you may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas and loosen tight muscles. This will also help decrease stiffness. The ice pack we have provided can also be used as a heat pack when placed in the microwave. If you choose to microwave this ice pack please watch it carefully and take it out every 10 seconds to check on its temperature. If left unattended it may rupture in the microwave. Massaging Aspercreme into the muscles on the side of the cheeks 2-3x per day may also help reduce muscle soreness.

**HEALING:** Normal healing after implant surgery should be as follows: The first five days after surgery are generally the most uncomfortable and there is usually some swelling. On the third or fourth day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.** If you don't see continued improvement, please call our office. **The appearance of the surgical site may vary during the healing process. This is completely normal and do not be alarmed.** The sutures will typically be removed at your next post-operative visit.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office at 303-663-7890. A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.