

POST-OPERATIVE INSTRUCTIONS

Dental Implants and Bone Grafting

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

ORAL HYGIENE

Do not rinse your mouth for 24 hours after the procedure. If you were prescribed a medicated mouth rinse, start using this the morning after surgery. If you were not prescribed a rinse you may start rinsing with warm salt water after 24 hours. (½ teaspoon of salt in a glass of warm water) After a few days you may rinse with Listerine (diluted ½ water, ½ Listerine). These rinses should be done after any snack or meals.

Keep your mouth clean by brushing and flossing. Start brushing your teeth on the evening of surgery or the first day after surgery. Do not brush teeth immediately adjacent to the surgical site for several days. **Avoid using an electrical tooth brush until implant has been restored with the crown (typically 4 months).** Allowing the tissues to rest undisturbed assists the healing process.

Avoid vigorous chewing, excessive spitting, or aggressive rinsing. If you routinely use a Water Pik, avoid doing so during the healing phase. Initial healing may be delayed, active bleeding restarted, or infection introduced. After 2 weeks you may gently brush the surgical site. If there are healing abutments placed on your implants, which emerge through your gum, you should brush them routinely and keep them clean and free of plaque.

BLEEDING

Some bleeding or redness in the saliva is normal during the first day or two after surgery. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a moistened gauze pad placed directly on the bleeding wound for 30-60 minutes.

If bleeding continues, create firm direct pressure by biting on a moistened tea bag placed over the surgical site for 30-60 minutes. Tea has tannic acid which is an astringent. Direct pressure and the tannic acid will constrict blood vessels and help to stop the bleeding. If active bleeding persists please call our office for further instructions. When you lie down keep your head elevated on a pillow.

SWELLING/BRUISING

It is normal to have swelling after implant surgery. The swelling may increase after the second or third day of the surgical procedure. Following that, the swelling should decrease. Swelling can be controlled initially by placing ice to the face for the first 24 hours, 30 minutes on and then 30 minutes off. Ice can be used as desired for days after surgery depending on the amount of swelling. The application of heat can help with stiffness in the jaw area.

Significant swelling is normal up to a week after surgery.

Some patients tend to bruise on the cheek or neck adjacent to the surgical area. This is normal and should not alarm you.

DIET

You may begin drinking fluids after the bleeding has stopped. We encourage you to not drink anything HOT for 12 hours. Avoid drinking carbonated beverages or alcohol for several days following the surgery. **DO NOT USE STRAWS**, it may dislodge the blood clot and delay healing. Nutritious diet during the healing period is very important. You may start eating as soon as numbness wears off and bleeding stops. Soft foods are advised, this may include scrambled eggs, soup, cottage cheese, yogurt, ice cream, Jell-O, pudding, apple sauce, bananas, mashed potatoes, well-cooked pastas, and milk shakes (with a spoon). Increasing the amount of protein helps improve healing.

ACTIVITY

LIMIT PHYSICAL ACTIVITY during the first 3 days after surgery. Over exertion may lead to postoperative bleeding and discomfort. Usually contact sports should not be resumed for approximately 1 week postoperatively. Musical wind instruments should be avoided for 2-3 weeks. **AVOID SMOKING COMPLETELY**, it is important to understand that smoking significantly slows the healing process and increases the risk of surgical complications and failures.

MEDICATIONS

You may be prescribed an antibiotic and Ibuprofen, an over the counter (OTC) pain medication, to take post operatively. Take Ibuprofen 800 mg every 8 hours for the first week. **(OTC Ibuprofen is 200mg/ea. take 4 tablets)**. Your prescribed medications play an extremely important role in your healing. The purpose of these medications is to prevent infection and control swelling and pain. If you are currently taking Meloxicam, Celebrex, or any other NSAID you should not take Ibuprofen in addition. ***DO NOT** take Ibuprofen if you have certain medical conditions, ie: stomach problems/ulcers, liver or kidney disease, a bleeding or blood clotting disorder and on any blood thinners. If you have any questions, ask your surgeon or pharmacist.

- **ANTIBIOTICS**

Depending on your surgery, antibiotics may be given to decrease the chance of infection after the surgery. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. If you take birth control pills, you should be aware that the birth control may become ineffective, therefore take appropriate precautions.

- **PAIN**

You may experience pain after the surgery. Prescription pain medication may be provided although some patients may prefer to take Ibuprofen only for the pain. It is important to at least take the Ibuprofen due to swelling that normally occurs with this type of surgery. ***DO NOT** take Ibuprofen if you have certain medical conditions, ie: stomach problems/ulcers, liver or kidney disease, a bleeding or blood clotting disorder and on any blood thinners. Remember that narcotics can make you drowsy, so no driving, operating machinery, or drinking alcoholic beverages while you are taking them. **Refills on pain medication CAN NOT be called in to the pharmacy, if you need additional pain medication, you will need to be seen by your surgeon. Therefore, pain meds will not be given over the weekend.**

Pain medications can cause constipation; therefore we recommended taking a stool softener while on the pain medicine.

WEARING YOUR PROSTHESIS

If you wear a full or partial denture where the implants are placed, your denture may be seated immediately after surgery. You may be advised to leave the denture in overnight because if you swell, you might not be able to get it in the next morning. You should see your dentist after surgery to have your denture refitted and relined with a soft liner. After healing, wearing your denture too much can jeopardize a successful result by replacing pressure on the implant(s). If there are times when you do not have to wear your denture, it is best not to do so.

EMERGENCY

If you experience any problem following the surgery, please call our office at 501-623-4485.

Refer to our website for frequently asked questions

<https://www.arsurgeons.com/patient-information/frequently-asked-questions/>