

After Placement of Dental Implants

Do not disturb the wound. Avoid forceful spitting or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue. Patients that have or receive dentures on the day of surgery should not use any form of denture adhesive until gum tissue is completely healed or otherwise instructed. If a bone graft was performed avoid straws and smoking for 2 weeks.

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 or until saturated. Restrict activity. Repeat if necessary. If bleeding continues, please call for further instructions.

Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes, and sides of face is not uncommon. The swelling will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. A baggie, filled with ice, can be applied to the side of the face where surgery was performed. After 24 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. 24 hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing amount of the swelling.

Diet

Drink plenty of fluids. Avoid hot foods and hot liquids while numb. Soft foods 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, ibuprofen (Advil or Motrin) 400mg may be taken every 4 hours. Do not take ibuprofen if you are allergic or have been instructed not to take it by another physician. For severe pain, the prescribed medication should be taken as directed. The prescribed pain medicine will make you groggy, so do not drive an automobile or operate machinery. Avoid alcoholic beverages.

Antibiotics

Be sure to take prescribed antibiotics as directed to help prevent infection. Do not discontinue antibiotics. Always finish antibiotics unless an allergic or unusual reaction occurs. Call the office if you have any questions. Some patients are instructed to take a "loading dose" of their prescribed antibiotic prior to actual surgery. Consider those antibiotics as actually one of that day's single dosages.

Oral Hygiene

Good oral hygiene is essential to good healing. The day of surgery, use the prescribed Peridex Oral Rinse. The day after surgery, the Peridex should be used twice daily. Be sure to rinse for 30 seconds, then spit it out. Warm salt water rinses (1/2 tsp. salt, 8oz. warm water) should be used at least 4 to 5 times a day. Tilt head left and right, then part lips to allow liquid to passively flow into the sink. Brush your teeth and healing abutments if present, but be gentle when brushing close to surgical sites. If bone grafting was performed, it is imperative that all rinses are very gentle.



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