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Advanced Oral & Facial Surgery of the Main Line

POSTOPERATIVE DENTAL IMPLANT INSTRUCTIONS

PLEASE READ THESE INTRUCTIONS CAREFULLY. The ultimate success of your implant(s) depends upon your active cooperation and participation in treatment and care after surgery. These guidelines instruct you in proper care following the placement of your implant(s). **The first 2 weeks after surgery are the most important.**

DIET FOR SINGLE IMPLANTS: Do not eat on implant site. Cold soft foods are recommended on the day of surgery. You may progress to a normal diet chewing with your natural teeth starting the day after surgery.

DIET FOR MULTIPLE IMPLANTS: Clear, preferably cool liquids should be taken on the day of surgery. A bland, mild temperature, nutritionally balanced, liquid to very soft diet should be adhered to during the first 2 weeks. This will prevent food particles, which could cause infection, from entering the surgical site. After the first 2 weeks, a progression to soft food will be discussed.

BLEEDING: Some oozing of blood is expected from the surgical site for the first few hours. Your saliva may be tinged with blood for the remainder of the day. If bleeding becomes persistent, applying direct pressure with a clean gauze pack or a moistened tea bag for 10 minutes. If this effort does not stop the bleeding you should contact the office. **BRUISING:** Bleeding into the tissue around the jaws may cause purplish bruises a few days following the surgery. Do not be alarmed. Some patients bruise more than others. These areas will become yellowish as they resolve.

SWELLING: Application of ice packs over the surgical areas during the first 48 hours will minimize swelling. Swelling can be minimized by keeping your head elevated with the use of 2 pillows when lying down.

DISCOMFORT: Your jaw and lip may remain numb for approximately 6 hours to help control pain. To control discomfort and minimize swelling, take Ibuprofen 600mg (Advil or Motrin) every six hours for the first three days after surgery. For severe pain take the prescribed narcotic medication in addition to the Ibuprofen. Ibuprofen should be taken before the local anesthetic has worn off and always be taken with food. *(It is office policy to refill narcotic prescriptions only during working hours so please anticipate your needs in advance.)*

FEVER: A slight elevation in temperature is common on the evening of surgery, but should not exceed 101 degrees. If this happens please contact the office.

INFECTION: Infections may occur several days following surgery. A sudden increase in swelling, throbbing pain, high fever and/or a foul tasting drainage may indicate infection. If you suspect an infection, you should call the office as soon as possible. In certain instances antibiotics may be prescribed. When prescribed, begin 6 hours after surgery and complete prescription as recommended.

RECOVERY RESTRICTIONS: **Sedation:** If you were sedated, DO NOT drive, operate complicated machinery or devices, or make important decisions such as signing documents for the first 24 hours. **Smoking:** Smoking should also be avoided, as it retards healing. However, if it is not possible to quit smoking completely, try to severely limit your smoking during the first 2 weeks for this time period. **Blowing Nose:** Do not blow your nose during the first 2 weeks if you had an implant(s) placed in the upper jaw.

RINSING: A prescription rinse (Peridex) may be recommended after surgery. Rinse twice a day for 30 seconds then refrain from eating or drinking for 30 minutes. Peridex rinse may cause staining that is easily removed with a dental cleaning. Starting the second day clean surgical areas by rinsing your mouth with tepid salt water (1 teaspoon salt in 8 oz. water) after each meal. Vigorous rinsing should be avoided. For non-surgical areas, routine dental hygiene should resume evening of surgery.

DENTURE WEAR: Your denture, partial or flipper should not be worn until it has been properly adjusted. The time you will be instructed to refrain from wearing your denture will be determined by the surgeon, and will vary from patient to patient. The success of your implant(s) will depend on your compliance. **Whenever dentures or partials are worn over implant sites, they must be worn for appearance only, not for eating and chewing. Chewing may cause implant loss.**

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FOLLOW UP: Date _____ Time _____