

Post-Surgery Instruction

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Do not disturb the wound

Avoid vigorous rinsing, harsh spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue or sutures.

Bleeding

Some bleeding or redness in the saliva is normal for 24-48 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 go to an emergency room.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag or a towel filled with ice on the cheek in the area of surgery. Apply the ice as often as needed 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. **AVOID USING A STRAW FOR SEVERAL DAYS. DO NOT EAT ANY POPCORN, POPPY SEEDS, SESAME SEEDS OR SEEDED FRUITS. THEY CAN GET STUCK AND CAUSE INFECTION!**

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken 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. Use mouth rinse like Peridex twice a day after surgery. Rinse for 30 seconds and spit it out gently. Use warm salt water rinses (teaspoon of salt in a cup of warm water) around 4-5 times a day, especially after meals. Avoid brushing the surgical site and electric tooth brushes should be avoided within the first month of implant placement.

Activity

Keep physical activities to a minimum immediately following your surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may limit your ability to do vigorous exercise.

Wearing your Prosthesis

Partial dentures, flippers, or full dentures should not be used immediately after surgery unless instructed by the doctor. This was discussed in the pre-operative consultation.

Smoking

TRY TO AVOID SMOKING COMPLETELY. Smoking is the #1 risk factor for implant failure or painful complication such as dry socket.

Other medication

If you have been taking off blood thinners or if your current medications have been altered at all due to your dental surgery, you must contact your physician ASAP to determine if and when you should resume your medication. Delaying this could have potential life threatening or other serious consequences.

You can call the office after hour. Please leave your name and phone number. The on-call doctor will return your call.

Acknowledgement of receipt:

Signature: _____

Date: _____