

Post-Op Instructions for Implant placement or Site preservation

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 at 701-255-4000 or toll free 1-800-452-FACE. We have a 24-hour answering service. We will return your call as soon as possible.

FOR THE REMAINDER OF THE DAY:

1. Remain quiet. No driving, working, or attending school after your procedure. No rigorous exercise or activity.
2. Do not smoke. Smoking negatively affects implant success.
3. Keep fingers and tongue away from the surgical area.

FOR BLEEDING:

Some minor bleeding is expected after implant surgery. It will usually subside quickly, and stop within an hour or two. Blood-tinged saliva is normal for the first 24 hours following surgery. Upper implants may occasionally trigger bleeding from the nose, especially if you have had a sinus lift. This is normal.

1. If gauze is present when discharged from the surgery center, continue to bite down and apply firm pressure for 30 minutes. Remove the gauze after 30 min and re-apply if still bleeding. It is important to make sure gauze is directly on the surgical site.
2. If you find this is not working, use a moistened tea bag instead of gauze. The tannic acid in tea will help to form a clot, and stop bleeding.
3. Please remove gauze before taking a nap to avoid choking or swallowing of the gauze.
4. If heavy bleeding still persists, call the office.

FOR SWELLING:

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe, and is different for every patient. The swelling will peak at 3-4 days following surgery and start to decrease day 5 after surgery. It may take 1 week to completely resolve. Some bruising may develop on the face.

1. Use an ice pack on the cheek or face next to the surgical site. Keep the ice on for 20 minutes and then off for 20 minutes for the first 72 hours following surgery.

2. Sleep with your head elevated slightly, above the heart. This will help keep swelling down.
3. After 72 hours, change to moist heat instead of ice packs.

NUMBNESS:

Numbness immediately after surgery is normal due to the local anesthetic that was injected during surgery. Numbness will gradually wear off, but may take 2-6 hours to fully be gone. If numbness persists the following day, please notify the office.

DIET:

Avoid extremely cold or hot foods until numbness wears off. This may take 2 or more hours after surgery. Start out eating something light (soups, pudding, Jell-o) and advance your diet as tolerated. Avoid chewing directly on surgical site. Stay well nourished and well hydrated, you will heal faster.

BRUSHING:

You may brush your teeth, avoiding the surgical area, either the night of surgery, or the following morning. Be gentle, and do not spit or rinse forcefully. Please see Implant or Site preservation below for further instruction.

MEDICATIONS:

You were probably given a prescription for medications. Take all medications as directed.

1. Pain medication: Continue as necessary. Remember that all narcotics can make you drowsy, so no driving, operating machinery, or alcoholic beverages while you are taking them. You can expect to have some discomfort when the anesthetic wears off. Therefore, we advise that you start taking your pain medication, either prescription or over-the-counter, before all numbness has subsided. You should constantly feel better each day following treatment.
2. Antibiotics: Continue taking antibiotics as prescribed until gone. **DO NOT** stop antibiotics unless instructed by your surgeon.

3. Mouth Rinse: Chlorhexidine Oral Rinse (Peridex) was prescribed by your surgeon to start 2 days prior to surgery. Peridex is to be continued, as prescribed, for 1 week following surgery, then may be discontinued.

IF YOU HAD AN IMPLANT PLACED:

1. Avoid chewing hard food directly on site.
2. Continue Peridex for one week, then stop and start brushing over implant.
3. You may have sutures in place. The sutures will dissolve on their own within 7-10 days, or 30 days. Your nurse will notify you of what type of sutures were placed.

IF YOU HAD SITE PRESERVATION:

1. Avoid chewing on site until area is healed.
2. Continue Peridex for 1 week following surgery; then discontinue and start warm salt water rinses to keep area clean. You may gently start brushing in 2 weeks.
3. Your sutures will take approximately 30 days to dissolve.

IF YOU WERE GIVEN A PROSTHESIS:

1. Denture: Please keep denture in place for the first 48 hours following surgery, except to brush and rinse mouth. Your gum tissue will swell in the first 48 hours and this will make it more difficult to re-insert the denture if left out for a long period of time. After 48 hours, care for your denture as instructed by your Dentist. You may find after 48 hours, your denture doesn't fit properly. Please consult your dentist to have your denture adjusted.
2. Flipper: You may have been given a flipper to replace a missing tooth or teeth. Keep flipper in mouth for the first 48 hours, except to eat, brush, and rinse your mouth. Your gum tissue will swell in the first 48 hours and this will make it more difficult to re-insert the flipper, if left out of mouth for a long period of time. After the first 48 hours, please care for your flipper as instructed by your Dentist. You may find that after 48 hours, your flipper doesn't fit properly. Please consult your Dentist at that time to have your flipper adjusted.



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IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT
OUR OFFICE ANYTIME AT (701)255-4000 OR TOLL FREE 1-800-
452-3223.