

## Promenade Complete Dental Center

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### Post-Operative Instructions Following Dental Implant Procedure

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

#### FOR THE REMAINDER OF THE DAY:

- Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.
- Do not use a drinking straw. Drink straight from the cup.
- Do not smoke
- Keep fingers and tongue away from the surgical area.

Spitting, the use of a straw, smoking, and poking can dislodge the blood clot that is forming, and will cause bleeding from the area. Also, smoking will delay healing and increase the chances of an infection.

#### FOR BLEEDING:

Some minor bleeding is to be expected after implant surgery. It will usually subside quickly, and stop within an hour or two after surgery. A little oozing of blood is normal and may persist for several hours.

- Keep gauze on the surgical area with moderate biting pressure for 45 minutes to one hour.
- Remove the gauze after one hour, and replace it with another gauze if you are still bleeding. Firm pressure for another hour should stop the bleeding.
- If you find that this is not working after another hour, use a moistened tea bag instead of the gauze. The tannic acid in the tea will help to form a clot.
- If all else fails, 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 get bigger for the first 24 to 48 hours before it starts to go away. It may last for several days to one week. Some bruising may also develop on the face

- Use an ice pack on the cheek or face next to the surgical site. Keep it on for 10 minutes, then off for 10 minutes, and repeat until you go to sleep.
- Sleep with your head slightly elevated, above the heart. This will keep swelling down.

- On the third day, change to moist heat instead of ice packs. This will bring the swelling down quicker.

## **EATING:**

You may eat soft foods as soon as the anesthetic wears off. Try not to chew directly on the surgical site. Please avoid hot (temperature) or spicy foods for the first day. You may resume a regular diet as soon as you feel up to it. Please stay well-nourished and well-hydrated – you will heal faster.

## **BRUSHING:**

You may brush your teeth, avoiding the surgical area, either tonight or tomorrow morning. Be gentle, and do not spit or rinse forcefully. Start brushing the surgical area on the second day, and be very gentle on the stitches.

## **RINSING:**

You may start rinsing the day after your surgery with some warm saltwater every few hours. Do not use alcohol-containing mouthwashes for a few days.

## **MEDICATIONS:**

You were probably given one or more prescriptions for medications. Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, diarrhea, or can't swallow your pill.

- Antibiotics: Continue until the bottle is empty. Do not quit halfway
- Pain medicine: Take only as necessary. Remember that narcotics can make you drowsy, so no driving, operating machinery, or alcoholic beverages while you are taking them.
- Mouthrinse: Peridex or Periogard. Swish with ½ ounce for thirty seconds and spit it out, two times per day.