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## **Dental Implants Post-Op Instructions**

### Surgical Instructions

After Placement of Dental Implants, Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There will be a metal healing abutment protruding through the gingival (gum) tissue on occasion if the doctor deems it fit to place the healing abutment on the same day.

### 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 and then repeating this step if necessary. If bleeding continues please call for further instructions.

### Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 36 hours.

### Diet

Drink plenty of fluids. Avoid hot liquids or regular food. Soft food and liquids should be eaten on the day of surgery and for the first 48-72 hours following surgery. Return to a normal diet as soon as possible after that unless otherwise directed.

## 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. Pain is normal and unpredictable after surgery. It is normal for you to experience severe pain for several days, please continue taking the prescribed medications. Pain usually subsides after 1 week and will get much better after 2 weeks. If pain does not lessen after 1 week, please call the office.

## Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

## Oral Hygiene

Good oral hygiene is essential to good healing. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Continue using the Peridex 2 times a day until gone. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas.

## Activity

Keep physical activities to a minimum immediately following 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 weaken you and further limit your ability to exercise.

## Wearing your Prosthesis

Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days. This was discussed in the pre-operative consultation.