

ISLAND DENTAL ASSOCIATES
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POST OPERATIVE CARE INSTRUCTIONS: IMPLANT SURGERY

1. Brush teeth as usual except in the surgical area.
2. You will be given a liquid called Peridex. Peridex kills bacteria in your mouth and will help maintain the cleanliness of the surgical site during healing. Please rinse with one-half a cap full twice a day for 1 minute then spit it out.
3. Starting tomorrow, you may begin to rinse with warm salt water as often as necessary. This may help relieve swelling and soreness.
4. You may follow your regular daily activities but avoid exertion such as working out or vigorous sports activities for 48 hours.
5. Discomfort will be best controlled with 600mg of non-steroidal anti-inflammatory agent (NSAIDs) such as ibuprofen (Advil, Motrin) every 4-6 hours for the 1st 48-72 hours. If you cannot take these for any reason, 750mg of acetaminophen (Tylenol) may be appropriate. In addition, a stronger prescriptive medication may be provided for your comfort. Prevention of discomfort is best and is dependent of careful attention to these instructions.
6. "Pinkness" in the saliva may be expected. If there is considerable bleeding, take a piece of sterile gauze or a moist tea bag and hold it on the surgical area that is bleeding and apply pressure for 30 minutes. You may have to repeat this more than once.
7. Some degree of swelling may occur. This may not be noticed until 24 hours after surgery. Usually the swelling reduces after 48 hours. NSAID use may help. Some bruising may occur.
8. Try to keep your head elevated for the first day. If you lie down, use 1 or 2 pillows to raise your head. Old pillow cases are advisable as you may experiences slight bleeding.
9. If possible, do not eat where the surgery was done. Eat liquid or semi-solid foods for the first day. Excessive forces on the implant may compromise its success. Please do eat as nourishment is important for healing. Avoid or minimize smoking for at least 2 days after surgery.

ADDITIONAL CARE INSTRUCTIONS PERTAINING TO BONE GRAFTING:

1. If you have a removable prosthesis, it is important to restrict its use to esthetic purposes only. Excessive contact with the grafted area may compromise its success.
2. Excessive forces on the grafted area may compromise its success. Do not pull on your lip to view the surgical site as this may prevent the tissue from healing properly. You may have to return to have your sutures removed.

Contact the office if:

1. Excessive bleeding occurs
2. Severe pain is present for prolonged periods
3. An unusual amount of swelling occurs
4. You run a fever