

Post-Operative Care: After Dental Implant Surgery

Patient Name _____

Following surgery, be sure not to disturb the wound. You should avoid spitting, rinsing, or touching the wound within the first 24-hour period. Often, there will be an abutment (to help secure the implant and ensure healing) protruding through your gum tissue. In order to ensure your implant heals properly and is successful, please adhere to the following:

Bruising, Swelling, and Discomfort: You may experience bruising, swelling, and/or discomfort following surgery, which are normal consequences of surgery. You will likely notice some bruising on your upper neck and jaw.

Diet: Avoid hot liquids and alcoholic beverages for at least 24 hours. When the extraction is more difficult, you will need to consume a soft or liquid diet for at least 24 hours after we have removed your teeth. Following your procedure, you should drink a minimum of six glasses of liquid during the first 24-hour period to rehydrate.

Oral Hygiene: During the first 24-hour period, do not spit or rinse. This can disturb the blood clot and may open the wound, which can prolong bleeding and hinder healing.

After the first 24-hour period, you can rinse with 1/2 teaspoon of salt in a cup of warm water at least four to five times a day especially before bed and after meals. Do not use commercial mouth rinses.

Do not brush your teeth near the surgical site for 48 hours. Be sure to be very gentle when brushing. Also, be gentle when coughing up phlegm.

Brush your Teeth: You need to continue to brush your teeth, but avoid the teeth adjacent to the extracted tooth during the first 24 hours. On day two, you can resume the gentle brushing of your teeth. However, do not use commercial mouth rinses because these can irritate the area of extraction.

Smoking: Smoking significantly increases the probability of implant failure. You should avoid smoking for at least two weeks following surgery.

Prosthesis or Night Guards: Until your post-operative appointment, you should not use flippers, partial dentures, or full dentures, unless specified by the Doctor.

Other Considerations: You should not be stretching your lip daily to inspect the dental implant area. You will notice that gum is covering the area—this is important so your implant can heal properly. There may be a healing cap placed over your implant. Be sure not to eat or chew on the healing cap because it will cause the implant to move below and could cause implant failure.

The points checked off below apply to you:

Sutures (stitches):

- were not placed.
- were placed. You need an appointment in about 7 days to have the stitches removed.
- were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks.

Pain:

- You have not been given a prescription for pain. You should not experience discomfort. Take aspirin or Tylenol for mild discomfort that may come in about two hours from now. If the pain is more than these drugs can control, please call us, and we will phone a prescription to your nearest pharmacy.
- You have been given a prescription for pain. You may elect to try to control the discomfort with ibuprofen or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled and take the medication as directed.

Antibiotic:

- You have not been given an antibiotic. It does not appear you will need antibiotic therapy.
- You have been given a prescription for an antibiotic. Please take the medication as directed until all the tablets are gone.

Cold Application:

- Not necessary for your surgery.
- Use cold packs (ice in plastic bags) on the outside of your face near the surgery site for two hours when you arrive home. Usually alternating 10 minutes on the face and 10 minutes off for an hour is adequate. You should be healed from this surgery very soon.

Please call us if any questions arise.