



THE EXCHANGE DENTAL GROUP
The Place for All Your Dental Needs

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Post-Operative Implant Home-Care Instructions

Do not disturb the surgical site. Avoid rinsing or spitting the first 24 hours after surgery. Avoid touching the area and do not pull your lip or cheek out to view the area as that may put excessive tension on the surgical site and impair healing.

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 20 minutes. If that doesn't help, biting on a moist warm tea bag (regular tea, not herbal) in the area of bleeding should stop the bleeding.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag filled with ice on the cheek in the area of surgery. The ice should be placed 10 minutes on and 10 minutes off for the first 24-48 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food for the next couple of days. Soft food should be eaten for one week. Return to a normal diet is generally achieved after one week or as directed.

Pain

You should take 3 tablets of ibuprofen (Advil or Motrin) every 6 hours for the first 3 days whether you have pain or not. Ibuprofen helps to reduce swelling as well as its known benefit for reducing pain. After 3 days take ibuprofen as needed. Ibuprofen should always be taken with something in your stomach. For patients who are allergic to Aspirin, or cannot take Ibuprofen, one or two tablets of regular or Extra Strength Tylenol may be taken every four hours instead.

If prescribed stronger pain medicine, it may make you groggy and will slow down your reflexes. Do not drive. Do not work with heavy machinery. Avoid alcoholic beverages. Pain or discomfort following surgery should subside more and more every day. If pain worsens after the third day, it may require attention and you should call the office.

Antibiotics

If prescribed, be sure to take the prescribed antibiotics as directed to help prevent infection. Please note that some antibiotics may interfere with the effectiveness of oral contraceptives.

Oral Hygiene

Do not brush in the area of the surgical site for one week. You may brush everywhere else.

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 be used only as discussed by your doctor in the pre-operative consultation.