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Post-Op Instructions: Implant Placement

You will most likely experience one or more of the following symptoms after surgery:
Pain, swelling, bleeding, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body, take it easy, and follow the instructions below closely.

Local Anesthesia

- The numbness from the anesthetic injection usually wears off within a few hours. You may experience tenderness, mild swelling or bruising to the injection site. In rare cases, prolonged numbness can occur. Please contact our office if numbness does not wear off within 48 hours of surgery.

Pain Management

It is very important that you take all medicines as recommended by your doctor to control pain and swelling, and prevent infection.

- Start taking your pain medicine before the numbness wears off. Continue to take it as prescribed.
- For the **first three days**, it's best to stay ahead of any discomfort. This means don't wait for it to hurt before you take medication. After 3 days, you can stop the medication to see if you have any discomfort. If you do, continue taking the medication as needed.
- Adults: Alternate taking 3 tabs of 200mg ibuprofen (Motrin, Advil) and 2 tabs of 500mg acetaminophen (extra-strength Tylenol) every 3 hours. Alternatively, you can take these medications together every 6 hours.

Bleeding

- Bite firmly on moist gauze for 30-60 minutes following your procedure and change it out if it gets saturated. You will be provided with extra sterile gauze.
- If bleeding re-starts, apply firm pressure with moist gauze or a damp black tea bag for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside.
- For 48 hours: Avoid strenuous exercise or heavy lifting (this can cause increased risk of bleeding).

Swelling

- Immediately following the procedure, apply an ice pack over the affected area - 20 minutes on, and 20 minutes off- for 2-4 hours. Then apply as often as necessary for the first 24 hours ONLY.
- After 24 hours: use moist, warm compresses in 20-minute intervals to prevent bruising.
- For 48 hours: Keep your head elevated. Sleep with an extra pillow under your head to avoid lying flat.

Diet

Eating may be the last thing on your mind after dental surgery, but it's important to nourish your body. Drink plenty of fluids. Avoid hot liquids and foods. Soft, cool food and liquids should be consumed on the day of surgery, returning to a normal diet over the course of 2 weeks.

- For 2 days after surgery, drink liquids and eat soft foods only. Such as milkshakes, yogurt, cottage cheese, smooth soups, mashed potatoes, refried beans, ice cream, pudding, smoothies, and protein shakes.
- On day 3 after surgery, eat soft foods that do not require much chewing, such as macaroni and cheese, soft-boiled, scrambled or poached eggs.
- For 2 weeks: avoid foods and liquids that are acidic (orange juice, carbonated water), tough/crunchy (pizza, chips, rice, nuts, popcorn, steak), and spicy.
- Avoid alcohol for at least 3 days following surgery.

Oral Hygiene

Good oral hygiene is essential to good healing.

- Resume normal brushing the day after surgery, but still avoid disturbing the surgical area.
- 24 hours after surgery, start doing **warm salt water rinses 4-5 times a day for 7 days**. Mix 1/2 teaspoon of salt in a cup of warm water. Let the rinse roll around your mouth, avoid forcefully swishing or spitting. Rinsing is important to remove food particles and debris, and thus helps promote healing.
- Tongue scraping is beneficial to remove debris and bacteria, just be careful not to disturb the surgical site. We recommend a copper or stainless steel tongue scraper!
- We recommend using an electric toothbrush (Oral B or Sonicare), floss, and a water flosser (WaterPik) as part of your normal oral hygiene routine.

Denture Wear

- Avoid wearing removable dental devices (partials and dentures) that rest on the surgery area for 10 days after surgery, unless otherwise instructed by your doctor.
- It is important not to put any pressure on the surgery site.
- If your bite feels different when you start wearing the device again, or if you had a dental implant and it feels like the device is hitting the implant, call our office.

For at least 7 days after surgery:

- **DO NOT SMOKE**. Smoking restricts blood flow to the gums and jawbone, which will slow healing and increase risk of complications.
- **DO NOT swish, spit or suck through a straw.** Suction may disturb the clot and prevent healing.

If a bone graft was placed:

- The area is usually over-packed with excess graft material. Therefore, gritty particles may escape and can feel like sand when you bite. This is normal.

It is imperative that you return for any recommended follow up visits to check healing progress.
Please call our office at **440-777-2757** if you have any questions or difficulties. If you have heavy bleeding, severe pain, or continued swelling 3 to 4 days after surgery please contact our office for assistance.