

Post-Op Instructions for Dental Implants

ORAL HYGIENE:

Good oral hygiene is essential to good healing. Warm salt water rinses (a teaspoon of salt in a cup of warm water) or diluted mouth wash (non peroxide based) should be used several times a day, especially after meals. Do not use hydrogen peroxide. Often after implant surgery a titanium healing cap/lid protrudes from the gum area. This is by design and needs to be brushed with a soft toothbrush & toothpaste when cleaning the rest of your mouth.

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, repeat if necessary. If bleeding continues call the office for further instructions.

SWELLING:

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack or plastic bag/towel filled with ice on the area of your cheek that surgery was performed. Apply the ice continuously or as much as possible, for the first 24-36 hours. Heat may also be used to relieve any swelling, bruising, or stiffness.

PAIN:

You should begin taking pain medication as soon as you get home. The prescribed medication should be taken as directed. For moderate pain 1-2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken every 3-4 hours as needed for pain. For severe pain, 2 Ibuprofen may be taken with the prescribed pain medication. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.

MORE INFORMATION ON BACK

ANTIBIOTICS:

If antibiotics were prescribed be sure to take them as directed to help prevent infection.

DIET:

Drink plenty of fluids. Generally, begin with a soft diet and advance from there. Advance your diet to normal as your pain level allows.

ACTIVITIES:

Keep physical activities to a minimum immediately following surgery. If you choose to exercise and throbbing or bleeding occur, discontinue your exercise. Keep in mind that initially you may not be taking in your normal level of nourishment. This may weaken you and further limit your ability to exercise.

WEARING YOUR PROSTHESIS:

Partial dentures, flippers, or full dentures should be used minimally after surgery and until you are seen at your post-op appointment.