



## ***Instructions for self care after dental implant surgery***

If you have any questions which have not been answered by this monograph, please feel free to ask them. We will do our best to inform you. Please make note of any questions you may have as you read the following.

**1 SURGICAL PROCEDURE** You will be receiving local anesthetic in the area of your implant surgery. Implants are placed into the jawbone and the gum is sutured over the implant(s). If the suture comes out the first day and the gum appears to open up, please call the office, we may want to see you to inspect the area. In some cases we do not use suture; if that is the case we will have you use gauze. Refer to #4 for instructions if using gauze.

**2 REST** The single most important thing to remember is to stay quiet and take it easy after your surgery. If you have had an implant placed, you may be able to return to normal activities within a day after surgery. If you have had multiple implants placed, you should plan to take it easy for a couple of days.

**3 MEDICATION AFTER SURGERY** Take medications as prescribed. We advise that you take your pain medication before the anesthetic begins to wear away. Then use pain medication as needed.

**4 GAUZE/BLEEDING** There is usually slight bleeding following implant surgery. We suggest you leave the gauze we placed in your mouth for 15 minutes after your surgery, then changing the gauze every 10 minutes for 1 hour after your surgery. If you do not have any bleeding in the implant area, you can discontinue using the gauze. If bleeding continues apply pressure by placing the gauze in the area again for 10 to 20 minutes. If this does not help in stopping the bleeding try using a non herbal tea bag. Dampen the tea bag and place in the area and apply pressure for 10-15 minutes and rest by laying down keeping your head elevated with pillows.

**5 SWELLING** Expect some swelling and discomfort after the procedure. Use an ice pack on the side of the jaw where the implants were placed, immediately following surgery. Keep the ice in place – 15 minutes on, 15 minutes off for the first 2 hours. You can make an ice pack by putting ice in a plastic bag and wrapping with a lightweight towel or cloth. Using an ice pack reduces swelling and discomfort.

**6 DENTURES** If you wear upper or lower dentures and are having lower implants placed, then it is advisable to wear your upper dentures as you normally would after surgery. If you are having upper implants placed, then a lower denture may be worn. If for personal reasons you must absolutely wear your denture after having implants placed, be very careful not to chew anything hard. We do not want to apply too much pressure on the implant area. It is best not to wear your denture for 2 weeks after surgery. We suggest a temporary relined.

**7 DIET & NUTRITION** Please do not use a straw or chew anything that is hard or sticky for the first 24 hours following surgery. First day soft food, such as yogurt, soup, scrambled eggs, Jell-O, ice cream, mashed potatoes, pastas with cream sauce or any protein drink. As the soreness goes away, you will gradually be able to eat normally.

**8 ORAL HYGIENE** 24 hours after surgery rinse with warm salt water: 1/4 to 1/2 teaspoon per 8 ounce glass of warm water. Rinse very lightly without "Swishing." Continue rinsing for 5 days. Swishing vigorously will tend to slow down the healing process. DO NOT attempt to brush or floss in this area of the surgery for the first 24 hours.

**9 FIRST CHECK-UP** If the suture needs to be removed, we will see you the week after your surgery appointment. Otherwise we will see you in 3 months for the second stage. If you have any questions do not hesitate to call.

**10 HEALING ABUTMENTS** In most cases a titanium healing abutment is placed on top of the implant or implants, 3 to 4 mm in length. If this should unscrew it may be left out and is not a problem.