

MOST POST OPERATIVE PROBLEMS ARE BEST PREVENTED BY PROPER POST-OPERATIVE CARE. PLEASE FOLLOW THESE INSTRUCTIONS.....

POST IMPLANT SURGERY CARE INSTRUCTIONS

Rest: Limit your activity rest with your head elevated for the remainder of today. Treat yourself as if you have the flu.

Bleeding: Light bleeding is common and a little blood mixed with saliva can look like a lot of blood. Active bleeding where ropy clots develop in your mouth is not common, but can be controlled by direct pressure with a moist tea bag wrapped in gauze. Apply for 20 minutes without peeking. If bleeding persists after three repetitions call us immediately.

Swelling: It is common to experience some swelling following surgery. This can be minimized by the use of an ice pack applied for 15 minutes on, 15 minutes off for the first four to six hours. Should swelling persist you may use warm compresses after 24 hours.

Rinsing/Spitting: It is best to avoid vigorous rinsing for the first 24 hours following surgery. It is also best to avoid spitting and drinking through straws. This will discourage bleeding.

Smoking/Alcohol: Smoking inhibits healing and may cause failure of the surgical therapy especially if bone grafts were placed. Avoid excessive alcohol intake.

Oral Hygiene: It is extremely important to keep the mouth very clean after surgery. Unfortunately, aggressive cleaning during the first three weeks may interrupt healing; Dr. Miller has prescribed Peridex, a medicated mouthrinse, to keep the surgical area clean.

Nutrition: It is very important to maintain a proper diet following surgery. A common misconception is that patients should have a liquid diet. To the contrary, Dr. Miller recommends a hearty diet rich in protein such as soups, eggs, tuna, baked chicken and fish. You should be able to cut the food with a fork. If you are unable to eat solid food, Ensure is a recommended supplement. A good multi-vitamin is also suggested.

Membrane: There may be a white membrane around your implant if a bone graft was placed. This may become visible and is often mistaken for bone exposure. This is not abnormal.

Implant Cover Screws: The implant body is sealed with a small cover screw (about 1/4" long) which keeps food out of the hollow implant body. Occasionally these loosen, tighten is possible, if not call our office. The loss of these is not critical.

Complications & Questions: Although we certainly do not anticipate any problems, they occasionally arise. By all means call us if you have any questions so that little complications can be treated before they become major.