

NORTHWEST DENTAL CENTRE

IMPLANT AFTERCARE INSTRUCTIONS

THE DAY OF THE SURGERY:

- Some degree of discomfort and pain is to be expected as numbness subsides. Take the pain medication prescribed before pain or discomfort sets in. Please make sure you read the directions carefully before taking the medication. Any pain medication can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them.
- Do not disturb the area of surgery. Avoid vigorous chewing, excessive spitting, or rinsing as initial healing may be delayed, active bleeding may restart, or infection may be introduced.
- Expect minor bleeding or oozing from the operative site. This bleeding may continue throughout the first day. For the first hour, keep firm pressure on the area of surgery by biting on the gauze placed in your mouth at the office. If bleeding persists, continue pressure on a fresh piece of folded gauze for an additional 30 minutes to an hour. Biting on a moist tea bag may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting.
- Limit physical activity during the first 24-48 hours after surgery. Overexertion may lead to postoperative bleeding and discomfort. When you lie down, keep your head elevated on a pillow.
- Pain following oral surgery will be most severe within the first 6-8 hours after the operation. If you have to take the prescribed severe pain medication, remember to have some food intake prior to that and start slowly. Please do not drink alcoholic beverages while taking prescribed pain medication. Do not wait for the pain to become unbearable before using some form of pain medication, as it will be more difficult to control. Moderate to severe pain usually does not last longer than 24-48 hours, and there should be no more than slight pain or discomfort after the third day. Persistent or increasing pain 3-4 days following oral surgery may be caused by early loss of the blood clot (dry socket) or may be an infection. If you feel that this may be happening to you, please contact us so that we can help make you more comfortable.
- Swelling related to the surgical procedure usually develops during the first 12-24 hours following surgery, often increasing on the second day. It should begin to subside by the third day. Swelling can be minimized a great deal by placing an ice pack over the treated site for 10 minutes on and 10 minutes off during the first 24 hours following the surgery. Anti-inflammatory medications, such as Motrin, or Advil, also help decrease swelling.
- Fluid intake is important. Remember to keep hydrated and drink plenty of liquids to help with the healing process. However, DO NOT USE A STRAW as it may cause the blood clot to dislodge and delay healing. We suggest avoiding dairy products initially such as milk, milk shakes, egg nog, as well as carbonated beverages. Avoid hot liquids until the numbness has worn off, and the bleeding has stopped.
- Food selection is largely a matter of your choice. Soft, cool foods that require little or no chewing are most easily tolerated at this time. A nutritious diet throughout your healing process is most important to your comfort and temperament. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications. Protein-rich soft foods such as scrambled eggs, yogurt and smoothies can be added to your diet as your comfort indicates..
- Take any special medications such as antibiotics we have prescribed on the specified dosing schedule. Yogurt with active cultures or acidophilus should be

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taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control pill may become ineffective, therefore take appropriate precautions. Take any regular scheduled medications (for diabetes, high blood pressure, etc) on your regular scheduled unless advised to do otherwise.

- **Avoid smoking completely;** the irritants in the cigarette smoke will greatly increase your chance of prolonged pain and complications (dry socket). The risk is the highest in the first week; therefore, you should not smoke for at least 1 week.

REGULAR MAINTENANCE:

- Long term success of implant(s) depends on how well they are maintained. Regular dental visits are essential. It is typically recommended that patients visit their dental office for professional cleanings every 3-6 months. However your dentist will develop a dental visit program specifically for you to ensure the health of your implant(s) and remaining natural teeth.
- Periodontal disease can set in when teeth and gums are not properly cleaned. Periodontal bone loss, which weakens supporting structures, can lead to loss of dental implants as well as tooth loss.

HOMECARE:

- Daily brushing and cleaning between your teeth where the toothbrush doesn't access are absolutely necessary for long term success. There are also many supplemental products that allow you to clean the implant(s) properly. Your dentist will

design a home care regime that will suit your individual needs.

If you have any questions or concerns, experience any unusual symptoms like uncontrollable pain, excessive or severe bleeding, marked fever or excessive warm swelling, or anything that you feel is out of the ordinary, remember that we are only a phone call away at: (403) 282-7933.