

Dental Implant : Post-Op care sheet

DO NOT DISTURB THE AREA : Extra care should be taken immediately following the surgery to minimize contact with the implant. Normal hygiene is very important, however we do not want to disturb the treatment area. The following day you should resume brushing (with a soft brush and toothpaste) and flossing as normal with one exception, skip the teeth immediately next to the surgical site on both sides to avoid accidental contact (keep roughly 1/2 inch away from the site if there are no teeth adjacent). You will be prescribed a medicated mouth rinse which should be used 3x daily. Follow a soft food diet and hygiene instructions above for the first 2 weeks. Do not touch the area and keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils).

Bleeding : Minimal bleeding is expected following implant surgery. We will have you biting on gauze to control bleeding when you leave the office. DO keep steady pressure on this gauze for at least 30 minutes. Do not change it or remove it during this time; it needs to remain undisturbed. When you get home, rest with your head elevated and remove the gauze. If bleeding still occurs, bite on fresh gauze and rest with head elevated for another 30 minutes. Repeat cycle until bleeding stops. Evaluate bleeding by looking directly at the implant site, not saliva. Even a little blood in the saliva can make it appear quite red. This is considered normal, no cause for alarm and may be noticed a day or two after the procedure. Do not remove any sutures, they will either fall out on their own or will be removed after 2 weeks during a follow-up appointment.

Smoking : Smoking should be stopped following surgery altogether, but is mandatory for the first 4 days. The overall success of the implants, surgery and healing will be substantially reduced by smoking and its chemicals. A good majority of implant failures are attributed to smoking.

Pain : Some discomfort is normal after surgery. To minimize pain, we recommend taking two Tylenol, Ibuprofen, or similar non-aspirin pain reliever before the anesthesia wears off and every 4-6 hours until bedtime to maintain comfort. If prescription pain medication is prescribed, take it as instructed on the label. NEVER exceed the recommended dose. Taking with food or crackers will help reduce upset stomach. If taken on an empty stomach they may have a sedative effect and make you drowsy. Do not drive, drink alcohol, take other sedative medications or operate heavy machinery while taking prescription pain medications. You may alternate the use of Ibuprofen with the prescription pain medications for the best result.

- **Note** : Do not take Ibuprofen or Aspirin products if you are taking blood thinners. (Plavix, Coumadin, Xarelto, Eliquis)

Nausea & Vomiting : Digestive discomfort is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pill with soft food (see diet section below for more info). Take the pill 30 minutes later with a large glass of water. Carbonated beverages (coke, ginger ale) may also help relieve nausea.

Swelling : Is considered the body's normal reaction to any surgery and healing. DO apply an ice pack to the cheek over the procedure area immediately, it will minimize swelling even if none is present yet. Please do not put the ice pack in direct contact with skin, wrap it in a slightly moist hand towel. Apply for 20 minute intervals, then remove for 20 minutes.

- Continue use of the ice pack for the first 24 hours only. Swelling, stiffness, bruising and discoloration of the skin, lip and cheek in the area is considered normal, expected, and can worsen over the first 48-72 hours before it begins to get better. While resting, be sure to keep your head elevated.
- After 24 hours, switch to applying moist heat, it will help further reduce any symptoms at this point.
- Slight fever following a surgical procedure is considered normal.

Numbness : The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the procedural area as well as the rest of your mouth. Sometimes due to the nature of an implant, it may cause residual numbness or tingling in the area for six weeks or longer. A loss of sensation in the gum and the adjacent teeth feeling slightly loose near the surgical site is normal. The teeth may also be sensitive to temperature changes (hot and cold). These sensations will return to normal after a period of time.

Prosthesis : *Removable dental prosthetics (dentures, flipper, etc) should not be worn immediately following an implant placement (unless we instruct you otherwise). The prosthetic may require adjustments following the procedure and before you can use it. This is to prevent tissue irritation that will delay healing and increase comfort.*

Diet : DO please eat, having food will make you feel better, help you regain strength and heal faster. DO eat a diet of only soft foods for the first two weeks (mashed potatoes, eggs, pudding, jello, pancakes, cottage cheese, room temp soup, soft cooked veggies, baby food or any puree or blended food). Maintain a good, balanced diet, eat on the opposite side of the surgical site and drink plenty of water or gatorade. DO NOT drink alcohol for 48 hours. DO NOT have foods that are hard, crunchy, or have small bits (Nuts, seeds, berries with seeds, rice, popcorn)

Activity : Avoid any activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing. You should be able to return to work the following day, however avoid strenuous activity for the next 3 days.

Antibiotics : Following implant placement you will be given an antibiotic prescription, take all of them as directed until they are gone, do not stop taking them because you feel better.

Women : some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

Appointments : You will be asked to return to the office after 2 weeks. This appointment is for a brief follow-up of your healing and to remove any sutures that remain. If any complications occur, you can certainly return before then.

Your new implant will be ready for a final restoration typically in 4-6 months.

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Please call the office at (201) 358-5005 if you have:

- Excessive or severe bleeding that will not stop after 3x cycles of steps listed above.
- Marked fever or abnormal inflammation.
- Excessive pain that is not being controlled with pain medication.
- Reactions to any medications given, especially rash, itching, breathing problems or vomiting.
- If this occurs, discontinue all medications and call the office immediately.

The following should not be a cause for great concern:

- Slight post-operative bleeding or red tinted saliva
- Continued swelling, stiffness or bruising & discoloration in the area (first 48-72 hours)
- Moderate discomfort, mainly controllable by medication
- Slightly elevated temperature (first 24 hours)
- Bad breath and taste for a few days are common signs of healing
- White tissue may be visible at the surgical site, this is a sign of normal healing
- A silver healing cap may be seen through the gums following the procedure

Please follow these instructions very closely. We at Old Hook Dental want you to heal as comfortably, quickly and as uneventful as possible. If any of the instructions are not followed, you may subject yourself to significantly more discomfort and the success of the procedure may be affected; it is for your own benefit.

