

Instructions for After Placement of Dental Implants

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the *gingival* (gum) tissue.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth filling rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues profusely, please call our office at 720-588-2505 for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack or a plastic bag or towel filled with ice on the cheek in the area of surgery. Apply the ice for 20 minutes on then 20 minutes off as much as possible for the first 48 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

Please avoid the use of tobacco and alcohol during your period of healing.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, one or two tablets of Tylenol or Extra Strength Tylenol may be taken every 3 to 4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter comes in 200 mg tablets: 2 to 3 tablets (400 to 600 mg)

may be taken four times daily, not to exceed 3200mg daily for an adult. Consult our practice for individuals under 18. Do not take the two medications at the same time.

For severe pain, the prescribed medication should be taken as directed and not combined with over-the-counter medications unless directed otherwise.

Do not take any of the above medications if you are allergic to them or have been instructed by your doctor not to take it. Do not drive an automobile or work around machinery. Avoid alcoholic beverages.

Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex oral rinse before bed. The day after surgery, the Peridex should be used twice daily – after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out.

Warm salt water rinses (one teaspoon of salt in a cup of warm water) should be used at least 4 to 5 times a day as well, especially after meals. Brush your teeth and the healing abutments. Be gentle initially while brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising.

Keep in mind that you are probably not taking in normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing Your Prostheses

Partial dentures, flippers, or full dentures should not be used immediately after surgery for at least 10 days, as discussed in the pre-operative consultation.

Sometimes, Dr. Hayes or your general dentist can alter your prosthesis to allow for its use at an earlier time. If interested, please discuss this option at your pre-operative consultation.