

Post-Operative Instructions for Implants

PLEASE READ ALL INSTRUCTIONS CAREFULLY

DAY OF SURGERY

- **FIRST HOUR:** Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. The packs may be gently removed after 30 minutes. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary.
- **CARE:** Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with any objects. You may brush your teeth gently. **PLEASE DO NOT SMOKE for at least 3 days, since this is very detrimental to healing and may cause a dry socket or cause the implant to fail.**
- **OOZING:** Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30 minutes at a time. If bleeding persists, it often means that the gauze is being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs directly over the extraction socket. If you run out of gauze, you may substitute a tea bag (soaked in hot water, squeezed damp-dry) and bite on it for 30 minutes. **If bleeding remains uncontrolled, please call our office.**
- **PAIN:** Most oral surgery is accompanied by some degree of discomfort. Ibuprofen (Advil or Motrin) is the best medication for controlling pain. Please take 600 mg (3 tablets) of Ibuprofen every 4 to 6 hours consistently (with food) for the first 2 to 3 days after surgery. If you take the first pills before the anesthetic has worn off, you should be able to manage any discomfort better. You can also take 650 mg of Tylenol (2 regular strength pills or 1 extra strength pill) every 4 to 6 hours in addition to the ibuprofen. They work well together. If you have been prescribed a stronger pain medicine (opioids), please take them as directed with food to prevent nausea. Please be aware that the pain will be the worst in the first 2 to 3 days, but should slowly start to get better thereafter. **If you are still in severe pain 4 to 5 days after surgery, please call our office.**
- **SWELLING:** Swelling is commonly associated with oral surgery. It can be minimized by applying a cold pack wrapped in a towel to the cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 48 hours after surgery. If you have been prescribed a steroid to help control swelling, be sure to take it as directed (usually starting the day after surgery, take 1 tablet twice daily until bottle is empty).
- **DIET:** Eat any soft and nourishing food that can be eaten with comfort. Avoid extremely hot, spicy, or crunchy/hard foods. Avoid particulate foods like seeds, nuts, popcorn for 5 days. **Do not drink from a straw for the first 5 days after surgery.** Over the next several days you may gradually progress to solid foods.

REST OF THE WEEK

- **BRUSHING:** Carefully begin your normal oral hygiene routine as soon as possible after surgery.
- **MOUTH RINSES:** Starting the day after surgery, gently rinse your mouth with warm salt water or the prescribed medicated mouth rinse at least twice daily.
- **SUTURES:** Normally sutures dissolve on their own within 1 to 2 weeks, but may last longer.



- **BONE GRAFT:** Occasionally small white particles of bone grafting material may fall out of the surgical site. This is perfectly normal.
- **INFECTION:** If you have been prescribed an antibiotic, please take it starting on the day of surgery until the entire bottle is empty. If you experience lingering pain, swelling, or redness of the skin or gums, you may be having an infection. **If you believe that you may have an infection, please call our office.**

If you develop difficulty breathing and/or swallowing at anytime after oral surgery, immediately call 911 or proceed to the nearest Emergency Room.

CONTACT US

It is our desire that your recovery be as smooth and pleasant as possible. Please call our office at anytime if you have questions or concerns. If it is after normal business hours, please leave a voicemail or send us a text message. There is always a doctor on-call who can help you. If it is late in the evening, please proceed to the nearest Emergency Room if you are concerned about emergent symptoms like swelling, high fever, or severe pain.

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