

NASHVILLE DENTAL IMPLANTS POST OPERATIVE INSTRUCTIONS FOLLOWING TISSUE GRAFTING

SWELLING

- **THE FIRST 24 HOURS:** Use an icepack on the outside of your face over the surgical area. Alternate 20 minutes on and 20 minutes off until bedtime. Keep your head elevated when lying down by using additional pillows.
- **AFTER THE FIRST 24 HOURS:** Use moist heat to reduce the swelling if necessary.

BLEEDING

- The palate is a very vascular area, which means bleeding after this procedure is normal and could continue for 5-7 days after the procedure.
- The stent may be worn while eating and sleeping if it decreases your discomfort.
- **APPLY PRESSURE:** If bleeding from the palate persists, it will be necessary to apply a significant amount of pressure to the area. Using a piece of gauze and your thumb, apply pressure to the area for 5-7 minutes until bleeding stops.
- **TEA BAG:** If bleeding continues, a tea bag may be used in place of the gauze to constrict blood vessels and stop bleeding.
- Moisten tea bag and hold on the area with firm pressure for at least 10 minutes.

IF ALL THE ABOVE TECHNIQUES ARE UNSUCCESSFUL, PLEASE CALL YOUR DOCTOR!

BRUISING

- **SIGNIFICANT** bruising should be expected after this procedure
- The graft site may turn various colors including white after the procedure. This is normal during the healing phase.

DISCOMFORT

- The pain medication works best if taken prior to the anesthesia wearing off. Do not take aspirin, as it may cause increased bleeding.
- You may take Ibuprofen up to 800 mg (Advil or Motrin) then wait 4 to 6 hours and alternate with Extra Strength Tylenol (500mg).

INFECTION & HEALING

- An antibiotic may be prescribed to prevent infection and speed the healing process. Take it as prescribed until all pills are gone. **DO NOT MISS ANY DOSES.**
- If an anti-inflammatory is prescribed, take all of the medication. It will help reduce any inflammation and speed the healing process.
- Peridex mouth rinse may also be prescribed for some procedures to cleanse the surgical and adjacent areas. It will help reduce the chance of infection and keep the area clean while you cannot brush or floss.

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SURGICAL DRESSING

- If a surgical dressing is placed in the area, avoid the dressing when brushing and flossing, and try to avoid eating or chewing in that area. It is completely normal for small pieces of the dressing to chip off. Please do not pull or try to remove the dressing yourself. If the entire dressing comes off, call during regular business hours, as this is not an emergency.

CLEANING YOUR TEETH

- **DO NOT BRUSH OR FLOSS THE SURGICAL SITE.** Use Peridex if prescribed. Dr. Deweese will inform you when is OK for you to begin brushing and flossing the area. However, you may brush and floss all other areas as normal.

EATING

- Do not use a straw, as the suction may cause bleeding.
- Be sure to maintain a proper diet with plenty of fluids to replace any lost during the surgical procedure.
- Avoid hot foods and hot liquids for the first 24 hours.

SMOKING

- **DO NOT SMOKE.** Smoking delays healing and may actually damage the surgical site. Some procedures tend to fail at a very high rate in people who smoke immediately following treatment.

PHYSICAL ACTIVITY

- **Limit physical activity during the first 24 to 48 hours.** Vigorous exercise may cause bleeding.

PROBLEMS

DISCOMFORT: Some discomfort may be expected. Take the pain medication as prescribed. Discomfort tends to be the greatest by the second or third day, and diminishes thereafter. Many patients experience minimal or no discomfort.

BLEEDING: Expect slight oozing from the surgical site (pink saliva) for a day or more. If there is active bleeding, use a gauze to apply pressure. If bleeding continues, refer to front of this sheet under "bleeding*" for instructions.

If you develop a fever or start vomiting within the first 24-48 hours, please contact Dr. Deweese.

EMERGENCY CONTACT INFORMATION

Nashville Dental Implants is open Tuesday through Friday 7:30 am to 4:30 pm and Monday 8:00 am to noon (front office only). If you have a true dental emergency after hours, please call the office, our emergency line will contact Dr. Deweese or Brittney our Office Manager (615) 316-9872.