

## COMMON POST-OPERATIVE CONDITIONS

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- Difficulty opening the mouth due to muscle tightness and swelling.
- Discoloration or bruising of skin.
- Numbness around the corners of the mouth, lip or chin.
- Sore throat with difficulty swallowing.
- Slight earache or aching in other teeth.
- Dryness or chapping of the corners of the mouth, which may be treated with lip balms such as Vaseline or Neosporin ointment.
- A slight temperature elevation (up to 1 ½ degrees above normal) for a few days.
- Nausea may be related to pain medication or swallowing blood. Discontinuing the prescription medication or reducing the amount taken to ½ or ¼ tablet may help.
- Small fragments of bone may occasionally loosen and become exposed through the gum. These usually work out on their own, but if concerned, return to the office for evaluation.

## QUESTIONS?

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Please do not hesitate to contact our office to speak with one of our assistants or your doctor directly. There is a doctor on-call 24 hours a day, seven days a week.



# IMPLANT POST-OPERATIVE CARE

## Your Check-Up Appointment

DAY \_\_\_\_\_

DATE \_\_\_\_\_

TIME \_\_\_\_\_

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## REMOVABLE APPLIANCES

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If you are instructed to wear your removable appliance (full or partial dentures, plates, false teeth, flipper), it is important that you keep the appliance in your mouth **continuously** for 72 hours to keep the swelling under control. Even leaving it out for 30 minutes during the first three days may result in enough swelling to prevent comfortable fitting of the appliance. You may remove it briefly during the first three days to clean it under running water.

## DISCOMFORT

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Swelling after surgery is expected and usually increases slowly reaching its peak in about 48 hours. To minimize swelling, pain and discomfort, apply cold ice packs over the area of surgery. Icing the surgical area should be alternating between 20 minutes on and 20 minutes off. In addition, take 600 mg Ibuprofen (3 Advil tablets or 3 Motrin tablets available OTC) every 6 hours for the first two to three days following surgery. **Do not take ibuprofen if allergic to Aspirin or Aleve, or if instructed by your physician.** You may still take the prescribed pain medication as directed, in addition to OTC pain medication if the pain is severe. Aspirin is not recommended for pain due to its blood thinning effect. If you are unable to take ibuprofen, you may substitute with two Extra Strength Tylenol every 6 hours. Tylenol should not be combined with Percocet, Vicodin, or Norco, to prevent potential liver damage.

## BLEEDING

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It is not unusual to have minor, persistent or intermittent bleeding for up to 48 hours following the implant surgery. Avoid excessive rinsing of the mouth and bite firmly on a gauze sponge placed directly over the surgical site for 15 minutes, repeating as necessary. A caffeinated tea bag moistened in warm water may be used in the same manner should the oozing continue.

## ORAL HYGIENE

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You may gently brush your teeth the following morning after surgery. Avoid using an electrical tooth brush on the site until the permanent crown is placed by your dentist, as the vibration of the toothbrush can loosen the implant healing abutment. Rinse your mouth with warm salt water (1 tsp. of salt in an 8 oz. glass of water) 3-4 times a day for the first week to keep the surgical area clean. Flossing should be avoided around the surgical area for the first two weeks after surgery.



## SMOKING

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**Smoking will significantly reduce the success rate of implants.** It can compromise the esthetics of your final crowns and accelerate gum recession resulting in parts of the metal being visible in the mouth. It can also prolong or worsen the post-operative discomfort. Absolute abstinence is recommended for at least 2 weeks following the surgery if not indefinitely.

## DIET & EXERCISE

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As long as you are careful to keep the food away from the surgical site, there is no dietary restriction. You may eat after surgery as soon as the numbness wears off. Do not chew any food in the surgical area for at least 2 weeks until the gums are healed around the implant(s). **However, if you have a temporary tooth placed, avoid chewing on it until a permanent crown is placed by your dentist (usually 4 -6 months).** To minimize inflammation (swelling) around the surgical site, **avoid strenuous activity for the first 3 -5 days following surgery.**

## NIGHTGUARD

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If a temporary tooth has been placed over the implant, your nightguard must be adjusted by your surgeon before wearing it.