

Half Moon Oral Surgery

Post Operative Care: Dental Implant Surgery

Do not disturb the wound. Avoid forceful rinsing, spitting, or touching the wound for the first few days after surgery.

Bleeding

Some bleeding or redness in the saliva is normal for the first several days. Excessive bleeding (your mouth fills up rapidly with blood) can usually be controlled by biting on a gauze pad placed directly on the bleeding wound for 10 - 15 minutes. You may also bite on a moist tea bag to help stop bleeding. Intermittent bleeding or oozing overnight is normal. You may put a towel over your pillow and sleep with head elevated. If significant bleeding continues please call the office for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack, on the cheek in the area of surgery. Apply the ice 20 minutes on 20 minutes off for the first 12 - 24 hours.

Diet

Drink plenty of fluids. Avoid very hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Avoid chewing hard foods on the implant sites. Chewing forces can hinder the body's ability to heal around the implant. Return to a normal diet as soon as possible, but try to avoid biting food directly over the the surgical site. It is also best to avoid food items with small seeds or particles, as these can sometimes work themselves under the gum tissue at the surgical site. Do not use a straw for the first 3-4 days following surgery.

Medication

You should begin taking pain medication before the local anesthetic begins to wear off. For moderate pain, either Tylenol or Ibuprofen (Advil or Motrin) may be taken every 4 hours. For more significant pain, the prescribed medication should be taken as directed. As these medicines are often irritating to the stomach, it is usually best to have eaten solid food prior to taking the medications in order to minimize the irritating effect of the medications. Be sure to take any prescribed antibiotics as directed to help prevent infection.

Hygiene

You should brush your teeth the night of the surgery taking care to be gentle around the surgical sites. Good oral hygiene is essential to good healing. Brushing the teeth adjacent to the surgical site is very important, but a soft bristle brush should be used. Be very gentle initially with brushing the surgical areas. Some bleeding after brushing is to be expected, and is perfectly normal, so don't avoid brushing if any minor bleeding is encountered.

If a one stage implant was placed you will see metal protruding from the gum tissue. It is very important to keep this area clean. You may start with a q-tip dipped in listerine or even warm salt water. You can then progress to using a soft bristled tooth brush.

Activities

Keep physical activities to a minimum immediately following surgery. If you have been sedated, you should avoid any activities that require coordination or balance, and you may not drive a car the day of surgery. On the day after the surgery, you may resume normal activities, and it is permissible to drive as long as you have been off the prescription pain medications for at least 8 hours. It is best to avoid any strenuous exercise for the first 48 hours after surgery as this may

produce excessive bleeding.

Sharp Edges

If you feel something hard or sharp in the surgical areas, it is likely you are feeling the bony walls which once supported extracted teeth. Occasionally, small slivers of bone may work themselves out during the following week or so. If you are experiencing discomfort please contact our office.

Instructions for the second and third days

Mouth Rinses

Use ¼ teaspoon of salt dissolved in an 8 ounce glass of warm water. Gently rinse with portions of the solution taking several minutes to use the entire glass. Repeat as often as needed, but at least after every meal.

Hot application

You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will decrease swelling and stiffness.

Discoloration/Bruising

The development of black, blue, green or yellow discoloration is due to bruising beneath the tissues. This is a normal postoperative occurrence that may appear 2-3 days after surgery. Beginning 36 hours after surgery, moist heat applied to the area may speed up resolution of discoloration.

Sore Throat

This is not uncommon after oral surgery. The muscles get swollen and may make swallowing painful. This should resolve on its own in 2-3 days.

Sinus Involvement

If you were informed that a sinus communication occurred during surgery:

Do not blow your nose. Use saline spray to help relieve sinus congestion and reduce pressure. If the urge to sneeze arises, sneeze with your mouth open. Do not use a straw, smoke or smokeless tobacco. Smoking greatly inhibits healing especially in the sinus graft. You may have some bleeding from the nose. This is not uncommon and should pass quickly. Avoid swimming and strenuous exercise for at least one week. Do not play musical instruments.