

## **Post Operative Instructions Following Dental Implant Surgery**

**AFTER SURGERY** Please follow all post-operative instructions and take all medications as instructed. If you have questions or concerns call our office, or after hours call or text **Dr. Keys at 520.270.6358**.

If you have a small cylinder, or "healing abutment" protruding through the gum tissue, be careful not to chew directly on this area. If this healing abutment becomes loose, the implant is generally fine. Just be careful not to swallow it. It is not an emergency, but please call our office if this happens.

**BLEEDING** Blood tinged saliva is normal for up to 24 hours after a procedure. Hot foods or drinks can provoke bleeding. Pressure with small gauze will usually be all that is required to stop any post-operative bleeding that occurs. **Do not rinse, spit, or use a straw** for the first 48 hours. After 48 hours, you may begin gently rinsing with warm salt water (1 teaspoon salt to 8 ounces warm water) or with the prescription rinse if one was given.

**DISCOMFORT** Take prescription (or narcotic) pain medication exactly as instructed and avoid consuming alcohol, driving, or operating machinery. You may take the first dose before your local anesthetic has completely worn off. Instead of narcotics, you may take either 600mg of ibuprofen and 650mg of acetaminophen every 6 hours (3 Advil™ and 2 Tylenol™).

**SWELLING** Expect some swelling, bruising, and/or jaw tightness in the surgical area and around lips and cheeks for 2 to 3 days. For the first 3 days after surgery, apply ice packs to the **exterior** of your face, cheeks, chin, and jaw line for 15 minutes each hour that you are awake. Do not place ice packs directly on your skin, use a barrier like a towel. If you experience swelling use ice and refrain from any activity. There is no medication which will take swelling away quickly, it will resolve on its own.

**NUTRITION** *For the first 24 hours, maintain a cold diet.* Generally eat softer foods than you ordinarily would. Try not to chew in the area of the surgical site. If you had sedation, start with liquids then progress to solids.

**ORAL HYGIENE** You may clean your teeth as you normally do in all areas **except** the surgical site. Use the prescription mouthwash (if given) or warm salt water rinse (1 tsp salt with 8 oz warm water).

**STITCHES (sutures)** In most cases, absorbable sutures are used, they are made of protein are harmless if swallowed. If non absorbable sutures were used, the office will remove them at your post op visit in 10-14 days. If sutures become loose or bothersome, **do not pull on them**, please contact the office.

**PARTIALS/DENTURES** If you have been given a denture/partial, they act as bandages and should be worn for 24-48 hours after surgery. If removed prematurely, you may not be able to re-fit them due to swelling and discomfort.

**INFECTION** Rarely, a post-operative infection can occur, however, if you experience drainage from the surgical area contact the office. If antibiotics are prescribed always finish the antibiotic prescriptions.

**SMOKING** Smoking can inhibit the healing process and can cause more pain after surgery. Refrain from smoking as long as possible following surgery to ensure the best results.