

# Implant surgery post-operative instructions

**Antibiotic** If an antibiotic has been prescribed, start taking it the first day (unless directed otherwise) and use to completion. You can reduce stomach upset by taking with food and/or plenty of liquid.

**Ibuprofen** Unless you have a reason you can't take ibuprofen (such as an allergy to ibuprofen or aspirin, or a stomach ulcer), take 800mg of ibuprofen at a time, 3 times per day. Start the day of the implant surgery, and take for the next 2 days. After that you can still take it as needed for pain. Do not use ibuprofen for more than one week.

**Pain pills** Take one pain pill as soon as you can after the procedure. It will usually work better if taken before the numbness wears off. After that, take only as needed. Take any narcotic pain pills with food and/or plenty of liquid. Do not drive after taking any narcotic pain pill and do not take them with sleeping pills or alcohol.

**Ice bag** Use a cold pack (a plastic bag of frozen peas works well) to the face over the area where the procedure was done for 10 minutes at a time, twice an hour, for the first 6 hours. You can periodically use an ice bag the rest of the day of surgery and the next day. If you use the ice bag as directed, you should have less swelling than you would have otherwise. The less swelling, the less pain. Do not use a hot water bottle. Do not leave the ice bag on for more than 10 minutes at a time.

**Sleep somewhat inclined** For the first 2 nights after the procedure, sleep in a recliner chair or with your head propped up with some pillows. A recliner is better. If you keep your head above your heart level for the first 2 days, it will significantly cut down on post-op swelling. The less swelling, the less pain.

**Swelling** Most people get some swelling and, if they do, it usually happens about 48-72 hours after the procedure. Using the ice bag, sleeping inclined as directed above, and low physical exertion will help a great deal with keeping it to a minimum.

**Liquid in the brown jar** is chlorhexidine (Peridex®), a topical antiseptic. We ask that you use this liquid and the pieces of gauze that are in the PO bag to care for the surgical site. We don't want scrubbing or brushing of any kind in that area, as it might pull out the sutures. You can use the red handled brush on the teeth that are around the surgical area, but as for the actual surgical site, take a piece of gauze and fold it once, then fold it again. Dip it in the jar of liquid so that the gauze has soaked it up. Gently place the gauze in the surgery area and bite down softly and hold for 3 minutes. Remove the gauze and do not eat, drink or rinse for 30 minutes. You are going to be doing for about 2 weeks, 3 times a day. During those first 2 weeks, whenever you do any brushing in the surgical area, you can use the red handled brush that is also in your bag, dip it in the chlorhexidine, and carefully brush in that area. In the PO bag, there will be extra gauze to use, and if at any time you run out of the chlorhexidine or gauze, call the office and we will give you more. If you can, bring the empty brown bottle with you and we will refill it.

**Red handled toothbrush (if we gave you one)** This is a Tepe Special Care® toothbrush. It is soft as a mop, so is not a very good "cleaning" toothbrush, but helps without damaging the surgical site until it is healed better. It is for use in the surgical area only. As noted above, dip it in the chlorhexidine. Use this toothbrush, as directed, for the first 2 weeks. Use a regular toothbrush in the non-surgical areas.

**Oral hygiene** Do not use a water-pik or an electric toothbrush around the surgical area for 4 weeks after the procedure. After that, it should be OK. Around the surgery area, for the first 2 weeks use the red handled toothbrush as noted above. You can brush the areas not worked on with your usual toothbrush. Do not floss around the tooth/teeth near the area worked on until the stitches are out. After 2 weeks, there should be no oral hygiene restrictions, except for water-piks & electric toothbrushes as noted above.

**Stitches** The stitches are usually not dissolvable, meaning they will need removed in about 7-10 days. If dissolvable stitches were used, they eventually fall out on their own in about 2 to 3 weeks.

**Salt-water rinses** Rinse your mouth out (don't swish) with warm salt water (1/2-tsp. salt in 8-ounce glass of 120-degree water). Hold this in the mouth for 30 seconds and spit out. Repeat. Do this 4-5 times per day for 7 days. Start day after the procedure.

**Exercise** Avoid strenuous exercise for the first 7 days. Strenuous physical activity may increase post-operative pain or cause post-operative bleeding.

**Touching the surgical site** It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site, use caution when washing your face, and avoid playing with your tongue on the surgical sites.

**Bleeding** "Pink" saliva is normal for a few days. If you get any bleeding, you need to apply pressure. Wipe it clean of any "blood clots" first. It has to be thoroughly cleaned first. Then apply gentle (it doesn't need to be real hard) pressure to cheek and tongue side of the surgical area for 10 straight minutes with a soaking wet tea bag (black tea works the best), or a soaking wet gauze pad, or a clean wash cloth, etc. Be sure it is soaking wet. If it is not, the clot will stick to it and start bleeding again when you pull it away. If it just won't stop, call.

**Food** Stay on a soft diet, chew away from the surgery area and avoid any foods that would be more likely to get stuck in the surgery site, such as corn, popcorn, nuts, and seeds (fruits like strawberries have seeds). Do this for up to 3 weeks. Citric juices, carbonated beverages or acidic foods, like tomatoes, may make it hurt, but won't damage the healing, though. For the first 7 days avoid really hot foods or drinks. Several glasses a day for the 1<sup>st</sup> week or 2 of a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.) is advisable as a food supplement. Ensure makes a product called Glucerna for diabetics. After 3 weeks, there should be no eating restrictions. Nothing but light sucking with a straw for the first 2 weeks. No milkshakes with a straw for 3 weeks.

**Nightguard** If you have a nightguard, let Dr. Sebastian check it's fit before wearing it to be sure it will not interfere with the implant or put pressure against it during the healing phase. After your final restoration is placed, you will need the nightguard rechecked and perhaps relined.

**Smoking** Implant failure rates triple with smoking during the healing phase. Smoking may cause post-operative pain, as well. If you do smoke, keep it 5 cigarettes or less per day and only smoke half the cigarette for the next 2 months. Avoid cigars and pipes.

**Aspirin** Unless you have a special medical reason for taking aspirin (tell us at least a week ahead of time if this is the case), do not take aspirin products for 7 days prior to thru 7 days after the implant surgery. Aspirin can cause bleeding.

**Denture use** Keep your denture out for \_\_\_\_\_ weeks. See your dentist for a reline of your denture in \_\_\_\_\_ weeks after the implant procedure before getting back to wearing it.