

Dental Implant Solutions

IMPLANT SURGERY POST-OP CARE

Here are some directions to help your implant to integrate to its best potential.

- 1) It is normal to experience a mild to moderate pain after your surgery. Take ibuprofen or Tylenol as needed for mild pain. If you have been prescribed pain medication take this as directed and as needed.
- 2) **It is better to take pain medication at the initial onset of pain than to wait and see if the pain gets worse.** Pain medication is much more effective when taken before pain becomes severe.
- 3) If you have been prescribed an antibiotic take this medication as directed until it is completely gone. If the antibiotic causes stomach upset or diarrhea eat yogurt or take acidophilus supplements to restore your intestinal bacteria to normal levels.
- 4) You may have been given an oral rinse (Peridex or similar product). Rinse with this product 2 times a day for 30 seconds for 10 days. Do not eat or drink for 30 minutes after use.
- 5) If a surgical flap was performed, rinse with warm salt water (1 cup water/1 teaspoon salt) or Peroxyl (available at the grocery store in the toothpaste section) for 1 minute 2 times a day for 10 days.
- 6) **Minor bleeding is normal for up to 24 hours.** If bleeding occurs, apply direct pressure to the area with a moist gauze or a tea bag (brown tea like Lipton) for 15 minutes. If bleeding persists or worsens call the office.
- 7) If you have swelling that feels hot/warm to the touch or if you have a foul taste in your mouth you may have an infection. **Call our office.**
- 8) **To reduce swelling** apply ice to your face in the area of the surgery for 15 minutes at a time several times over the next 24 hours to reduce swelling and bruising. Keep your head elevated when you sleep with extra pillows for a few nights. Sleep on your back to avoid pressure at the surgical site.
- 9) Bruising of the face can occur after surgery. This is normal and it should resolve after a week or so.
- 10) **Smoking is the main cause of surgical failure** since it reduces blood flow to the healing tissue. Smoking will result in slower healing and possible negative

outcomes. Do your best not to smoke or to limit smoking until you have completely healed.

- 11) It is OK to lightly brush your teeth in the surgical area using a soft toothbrush and gentle motions. You may return to normal brushing habits after the incisions have healed.
- 12) Try to avoid eating or drinking hot foods until the day after surgery. Warm food and liquids are fine. Hot foods may increase swelling and pain.
- 13) **Avoid chewing on the site of implant placement for 16 weeks.** This is the time when the implant is most vulnerable to failure from forces.
- 14) Average times for the bone to integrate around the implant are 4 months for the lower jaw and 6 months for the upper jaw.
- 15) It is common for adjacent teeth to have minor sensitivity for several weeks or more after the surgery. Call us if you have any concerns regarding this.
- 16) If your healing cap feels loose or falls off call our office to tighten or reseal it. It is not your implant coming loose, it is just the covering.
- 17) If you have a removable or fixed temporary **do not eat on the temporary.** Removable ones may fracture and chewing on a fixed temporary may result in implant failure.

If you had sinus augmentation or extraction of upper molars follow these additional precautions:

- 1) Take Sudafed as needed for sinus pressure.
- 2) You may use Afrin Nasal Spray or Saline Spray as needed.
- 3) Avoid heavy exercise for 2-3 days. Walking, stretching, yoga, and pilates are ok.
- 4) Avoid heavy lifting for 48 hours after the surgery.
- 5) Do not forcefully blow your nose for 2 weeks after your surgery.
- 6) Sneeze with your mouth open to reduce pressure on your sinus

If you have any further questions, do not hesitate to call Dr. Hodges at (425) 224-2452