



Post-Operative Implant Care Instructions

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue that will remain there for four to six months or until healing is complete. In some cases, the implant must remain covered by gum tissue for at least three to four months before the implant can be used, and a second minor surgery is required to uncover the top of the implant and place the healing abutment. This procedure is called Stage II of the process. The crown, bridge or denture that will be attached to your implant/implants will have a separate charge and be fabricated and placed by your general/restorative dentist after the implant has been examined by Dr. Cheung.

Bleeding

Some bleeding or redness in the saliva is normal for up to 1 week. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 45 minutes or until gauze is completely saturated. Continue to change the gauze until bleeding stops. The gauze may be dampened to prevent sticking to the surgical area. Gauze should be removed before you eat, drink or take medications. If you run out of gauze, you may substitute for a black tea bag and bite firmly for 45 minutes. It is not advised to sleep with gauze in your mouth. You may elevate your head with a couple of pillows and if bleeding is severe or continues, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag on the cheek in the area of surgery. Apply the ice continuously for 20 minutes on and 20 minutes off wrapped in a towel or paper towel, as often as possible, for the first 48 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed but avoid chewing on the surgical site. Please avoid foods like nuts, sunflower seeds, popcorn, fried foods, etc. It is also advisable to avoid carbonated beverages.

Pain

You should begin taking pain medication as soon as you get home, ideally before the local anesthetic begins to wear off. Please ensure to eat food with taking medication. For moderate pain, one to two Tylenol or Extra Strength Tylenol (acetaminophen) may be taken every three to four hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter, comes in 200 mg

tablets. Two to three tablets may be taken every six hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it. Please take your medications with food. If you are taking prescribed narcotic medication for pain (Hydrocodone, Norco, Vicodin, Lortab), do not take Tylenol (acetaminophen) at the same time.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection. Please make sure to finish the entire course of antibiotics prescribed.

Oral Hygiene

Good oral hygiene is essential to good healing and the life of your dental implant. On the night of surgery, use the prescribed Peridex Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm saltwater rinses (one teaspoon of salt in a cup of warm water) should be used at least four to five times a day, as well, especially after meals. Brushing your teeth with the healing abutments is not a problem. Be gentle initially when brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following your surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

Please be aware that it is important to be seen for regular follow up visits at least twice per year for two years by your general dentist to monitor the health of your dental implant.

Please call our office with any questions or concerns: 206-624-0852.