



Whistler Dental

POST SURGERY INSTRUCTIONS – IMPLANTS

WHAT TO EXPECT:

Some discomfort, bleeding and/or swelling are rare, but possible, following the placement of an implant. If so, follow these guidelines to help the healing and recovery time.

DISCOMFORT:

The greatest discomfort is in the first 6 to 8 hours after surgery. For mild pain after the local anesthetic (“freezing”) goes away, you can take 2 Extra-Strength Tylenol (avoid Aspirin) every 6 hours. If we have given you a prescription for stronger pain medication, you can take one tablet when you arrive home. Then follow the directions for the prescription. Certain persons may experience an upset stomach from such medicine. If this occurs, take the pills after having something to eat. If itching or a rash develops, stop taking all medications and contact the office IMMEDIATELY. Moist heat after 24 hours may help jaw soreness. If dull pain increases on the third or fourth day, call the office to arrange an appointment.

BLEEDING:

To help reduce any bleeding from the implant site, you have been given a pack of gauze. When you arrive home, you will be biting on a pad of this. You should remove the pad every 10 minutes and replace it with a new gauze. To help promote the blood to clot:

- ◆ keep your head elevated and avoid excessive activity;
- ◆ avoid spitting and physical activity;
- ◆ do not use a straw;
- ◆ avoid smoking for 4-6 hours and drinking alcoholic beverages for 24 hours;
- ◆ do not rinse your mouth for the first 24 hours;
- ◆ if the clot is breaking when you remove the gauze, put Vaseline on the gauze and bite down.

If bleeding becomes brisk and fills the mouth quickly, call the numbers listed below.

SWELLING & BRUISING:

This may occur after the surgical placement of an implant. You can minimize this by placing an ice bag on your face for 30 minutes on, then 30 minutes off for the first 4 hours.

DIET:

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, custards, yogurts, soups and pasta. Try to drink 2 litres of liquid per day for the first few days.

ORAL HYGIENE:

After surgery, it is important to keep your teeth as clean as possible. At first, only brush the teeth away from the implant area. The next day, you may start using warm salt water rinses (1 tbs. salt in 1 glass water) approximately 3 times a day. Continue this for 1 week.

ACTIVITY:

Generally, it is advised that you relax and rest in a chair the day of the implant surgery and avoid any significant physical activity. This will promote your healing.

SUTURES:

Sutures should be removed 7-10 days following surgery.

HEALING TIPS:

DO'S:

- Do apply pressure to stop any bleeding by placing the gauze directly over the surgical site.
- Do apply ice packs to your face to reduce swelling the day of surgery.
- Do apply moist warm heat the day following surgery.
- Do eat soft foods, such as soups, yogurt, eggs, custards and pasta.
- Do drink lots of fluid after the bleeding stops.
- Do take antibiotics or pain-reducing medication as prescribed.
- Do keep your mouth clean and rinse with warm salt water rinses the day following surgery.

DONT'S

- Don't chew hard or crunchy foods such as carrots or popcorn for 2 weeks. These foods can become lodged in the surgical site.
- Don't brush the teeth in the area of surgery until the day following surgery. Brush carefully.
- Don't rinse your mouth or spit forcefully the day of surgery.
- Don't smoke after surgery. Inhaling creates suction, and it can loosen the blood clot.
- Don't overexert yourself.
- Don't use alcohol the day of surgery or while taking medications.
- Don't put your fingers or tongue in the surgical site.

Call our office IMMEDIATELY if you have excessive bleeding, excessive and persistent swelling, persistent and severe pain, fever, or a reaction to medications.

The office number is 604 932 3677. Dr. Mckenzie's home number is 604 932 5985.

Next Appointment Date _____ Time _____