



RIVER RANCH  
D E N T A L

## Post-Operative Instructions for Implant Placement

### Immediate Postoperative Care

Care should be taken in the immediate postoperative period to minimize contact with the implant. Aside from normal hygiene, it is best to completely leave the implant alone for the first 2 weeks after placement. 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, or you may see the metal housing underneath the tissue showing through. This is normal. Do not stretch your lip daily to inspect the area. This can cause wound breakdown. Be very cautious not to eat on any of the housing as it will place undue movement on the implants below.

If you have a temporary flipper to wear, do not place it until the numbness in the area is gone. When it is put into place, the flipper should not touch the gums in the area of the surgery, but float over it. If the flipper does contact the surgery site, it can cause ulceration of the wound edges and breakdown of suture margins. If you have any questions about the fit of your flipper, do not wear it until Dr Rivers can evaluate it.

You may want to limit foods to softer items and chew in an area away from the implant during the 10 to 12 week integration stage.

### Bleeding

Minimal bleeding is expected after implant surgery. The best way to stop bleeding is to place a damp piece of gauze over the surgery site and gently bite for 30 minutes. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. **If bleeding persists or becomes heavy you may substitute a tea bag (soaked in warm water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes.** Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. Suture material may last 2 to 3 days and should be left alone. You will be asked to return to the office for a 2 week follow-up appointment. Any sutures remaining at that time may be removed at the surgeon's discretion. Do not pull or cut the sutures yourself. **If you are having upper implants placed, it is not unusual to have a nosebleed within the first few days following surgery. Should this**

occur, pack nostrils with the gauze provided, and relax with your head elevated. The bleeding should stop shortly. If bleeding continues or is heavy, please call our office at 469-336-5015.

### Swelling

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. Do not be alarmed if you wake up more swollen than you were when you went to bed. Resume the ice pack in the morning. Sleep with your head on two pillows. Keeping the head slightly elevated helps minimize swelling.

### Medication / Pain

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications (Ibuprofen, Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication. Narcotic pain medication will make you drowsy, do not drive or operate mechanical machinery while taking the prescription. Alternate Ibuprofen (2 tablets / 200mg each) and the narcotic medication every two hours if needed. Once you feel like you can stop the narcotic, use Ibuprofen or Tylenol.

You may also be prescribed an antibacterial mouth rinse which should be used twice daily in the first two weeks following implant surgery. **GENTLY** rinse with ½ ounce twice daily after brushing the remaining teeth in the nonsurgical sites. Please note that a light stain may develop on the teeth and tongue in patients that smoke or drink coffee. The stain can be easily polished off and should not worry you. The antibacterial effects of the mouthwash are significant and play a very important role in helping to prevent postoperative infection.

All medications should not exceed the recommended dosage.

**\*NOTE: If you are taking PLAVIX or COUMADIN or Warfarin or Eliquis or other blood thinner, do NOT take Ibuprofen or Aspirin products.**

### Diet

While numb, patients should avoid hot liquids or foods. Patients may have applesauce, pudding, or jello. Once numbness wears off patients can progress to solid foods, chewing away from the surgical sites.

### Oral Hygiene

The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery.

In the first 24 hours you are not to rinse or spit as this may disrupt the blood clot and cause further bleeding. After 24 hours you may begin to brush your teeth and gums gently. You should also brush your tongue. Do not the implant area.

Use a soft bristle toothbrush and toothpaste after meals and at bedtime. **Avoid water picks and electric tooth brushes for 2 weeks following surgery.** Should bleeding resume after brushing, repeat the use of gauze as described above. Do not rinse your mouth the day of surgery. **The day after surgery, rinse with warm salt water twice a day. Avoid vigorous rinsing. If a prescription rinse has been ordered use as directed.**

### Activity

For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated.

### Healing

Bad breath is common and will disappear as healing occurs. Two to three days following surgery, white, possible hard tissue may be seen in the surgical site. This signifies normal, healing tissue. It's not unusual to see the silver healing cap appear through gum tissue following procedure.

### Antibiotics

If an antibiotic is prescribed, take the tablets or liquid as directed. Take the entire prescription until gone. Antibiotics can be given to help prevent infection. Make sure to call the office if a rash or other unfavorable reaction occurs.

### Foods to Drink and Eat While Numb

For the next 4 – 6 hours you are to have cold liquids only (iced teas, carbonated beverages, fruit juice, lemonade, water). The cold liquids will allow proper clotting to take place and reduce some amount of discomfort. **Do not use a straw;** allow the cold liquids to pass over the surgical area. Drink plenty of liquids, at least 2 8-ounce glasses for every pain pill.

#### Drink:

- Water
- Juice
- Ice Chips
- Popsicles

#### Eat:

- Applesauce
- Jell-O
- Pudding
- Yogurt
- Milkshake (no straw)

After the first 6 hours you may have something to eat, either warm or cold. Start with mushy foods: soup, yogurt, scrambled eggs, for example. You should then gradually go to a soft diet for the rest of the week. A soft diet is anything you can cut with a fork (ground meat dishes, casseroles, cooked vegetables, chicken, fish, macaroni, etc.). As a rule of thumb, if it hurts, don't eat it. The only foods to avoid are popcorn, nuts, and foods with seeds or berries in them.

### Soft Foods When Numbness is Gone

- Mashed Potatoes
- Pasta
- Eggs
- Pancakes

- Creamed Cereals
- Soups (be careful-not too hot)

**Increase Diet as Tolerated**

**Other Considerations**

We will notify you when your implant is ready for restoration; typically 10 to 12 weeks following implant placement.

**DO NOT** smoke or use smokeless tobacco during your healing process. The tars and nicotine may delay healing or cause prolonged bleeding.

Bisphosphonate therapy (Fosamax, Boniva, etc.), has been shown to cause osteonecrosis of the jaws which may result in loss of your implant(s).

**For Women Only:** Do not breast feed for 12 hours if you were sedated for surgery. If you are using oral contraceptives, please note that antibiotics and other medication may interfere with their effectiveness. An alternative form of birth control should be used for one complete cycle of birth control pills after the course of antibiotics or other medication is complete.

Questions? IF you have any questions or concerns, please do not hesitate to call our office.

469-336-5015.