



## Care & Therapy Following Implants

# POST OP INSTRUCTIONS

### Discomfort after Surgery

- You may have moderate discomfort after anesthesia wears off. Most of your discomfort can be controlled by taking your pain medications as directed. If your pain medications are not keeping you comfortable please call our office. Take the prescribed medication(s) as directed. Your next medication should be taken at: \_\_\_\_\_AM/PM.
- **Do not** drink alcohol while taking pain medications.
- It is normal to experience increased soreness 3-4 days following your surgery.

### Head Position

If possible, an elevated headrest (an extra pillow) should be used during the first two night post-operatively to reduce swelling in the operated areas.

### Antibiotics

- Antibiotics may be prescribed depending on the surgical procedure. It is important that these antibiotics be taken completely as directed.
- For women who use birth control pills, please be aware that oral antibiotics may interfere with oral contraceptives.
- In very rare instances a woman may become pregnant while taking oral contraceptives with antibiotics. Please be advised to use supplemental methods of contraception if you will be taking birth control pills with other medications.

### Brushing and Flossing - Graft Surgery or Implant

• **Do Not** brush or floss the grafted implant area until your first post op visit. It is important to keep your mouth clean by brushing ALL OTHER areas of your mouth with a regular soft toothbrush or Sonicare AVOIDING THE GRAFT OR IMPLANT SITE. Begin using the prescribed mouth rinse the evening after your surgery. Swish ½ a capful for 30 seconds morning and evening until your first post-operative visit. Gentle rinsing after meals with warm salt water rinse (1/2 tsp. salt/8oz water) will help keep surgery area clean and is important for healing.

- **Do Not** place any dentures or partials over implant for 2-3 weeks.

### Smoking

- **Do Not** smoke for the first 24 hours after your surgery. Smoking irritates the gums and will delay healing.
- Try to reduce your amount of smoking for 2 weeks following your surgery.

### Bleeding

- In order to keep inflammation, brushing, and bleeding to a minimum, keep the inside of your mouth as cold as possible by consuming ice chips, popsicles, ice cream, slushy/milkshakes, or ice water for the first 24 hours.
- Apply an ice pack to the outside of the face over the surgical site to reduce swelling. Leave the pack on for 20 minutes, then off for 10 minutes. This can be repeated up to 24 hours to help reduce swelling, pain and bleeding.

*continued on next page*

**NORTHSIDE OFFICE**  
Phone: (509) 466-9638

**SOUTH HILL OFFICE:**  
Phone: (509) 536-5360



## Care & Therapy Following Implants *continued...*

*continued from page 1*

- If your gums change color from whitish grey to bluish purple this is a normal part of healing and should not be a concern.
- Slight swelling and bruising of your face is normal. If your experience swelling accompanied by fever, a bad odor, or pain that intensifies and is not relieved by pain medications please call our office.
- If excessive bleeding occurs, take a moist tea bag or gauze and hold with firm pressure over the bleeding site for 20 minutes. Drinking ice water or sucking on ice cubes will also help to slow bleeding. If bleeding persists please call our office.

### **Sensitivity**

- You may experience increased sensitivity to cold or hot liquids, air, and foods
- Sensitivity is almost always due to inadequate plaque removal. It is important that you clean your teeth and gums as directed.
- Tooth sensitivity may last a few weeks and then subside. If your teeth remain sensitive please let us know.

### **Sutures - Graft Surgery or Implant**

- **Do not** remove your sutures early. Improper removal can compromise the healing and outcome of your surgery; we will remove sutures when healing is complete at your next visit. It is normal to feel tightness as the tissue heals against the stitches.
- It is important to see us for follow-up visits to ensure proper healing.
- If bone was placed, you may feel bone particles and see white membrane at surgery site. This doesn't mean you have lost your graft, its part of the healing process.

### **Eating and Nutrition**

- **Do not** suck through a sports bottle or straw when having cold drinks, milkshakes or slushy. Use a spoon instead. Any type of sucking action can remove clotting, causing bleeding and delayed healing.
- Do not eat any foods that require chewing until the anesthesia has completely worn off. Soft cool foods will help with this.
- Maintaining an adequate diet after your surgery is important for proper healing.
- If possible, chew on the opposite side of your mouth from your surgery. Avoid extremely hard, hot, and spicy foods. Avoid popcorn and food with small seeds like berries, which can be found in yogurt and smoothies.
- The following are some examples of nutritious foods that require little chewing: scrambled eggs, pasta, soup/broth, ice cream, apple sauce, bananas, chopped or ground meat, chicken or tuna salad, protein drinks.
- Food supplements such as Ensure, Slimfast or Carnation instant breakfast are highly recommended.

### **Activity**

- Avoid strenuous physical activity, i.e. contact sports, weight lifting, running, swimming, etc. for 24 to 48 hours following your procedure.
- Get plenty of rest and resume normal activity as you are comfortable.

**NORTHSIDE OFFICE**  
Phone: (509) 466-9638

**SOUTH HILL OFFICE:**  
Phone: (509) 536-5360

