

After Implant or Bone Grafting Surgery

General Instructions

- On the day of surgery, do not rinse, spit or drink through a straw.
- Do not disturb the surgery site or over-exert yourself. It may cause bleeding, irritation or infection.
- The day after surgery, continue normal brushing and use a warm saltwater rinse (1/4-teaspoon salt in a glass of warm water) every 2-3 hours for 3 days.
- Pain may last for 10-14 days following surgery. Usually the third day is the most uncomfortable. If your over-the-counter pain medicine does not control the discomfort, you may use the pain medication prescribed by your doctor.
- If you were sedated, do not drive for 24 hours following surgery.
- Narcotic analgesics tend to cause constipation. Keep bowel movements normal by using a mild laxative if necessary.
- Following surgery, you should eat a soft diet for 24-48 hours. Avoid chewing over surgical sites until instructed otherwise by your doctor. You should supplement your diet with plenty of fluids and gradually return to your normal diet as tolerated. Avoid spicy foods and drinks for 2 weeks.
- Avoid alcohol or smoking during the first week following surgery.
- Ice packs may be used for the first 24 hours after surgery to reduce swelling. Rotate ice pack on and off or side to side every 30 minutes for 24 hours. Swelling is usually greater 2 days after surgery and may last about a week. If you continue to have swelling on the 4th or 5th days, or if the swelling goes down and then begins to swell again, you should call our office.
- You may have sutures placed in your mouth to control bleeding and hasten healing. They will dissolve on their own over 1 to 2 weeks. Occasionally non-resorbable sutures are placed and will need to be removed in 1-2 weeks.
- For current patients of our practice, there is a doctor on call 24 hours a day. If a situation develops after our office hours that is a medical emergency, you may call our office and the doctor on call will be paged. It is very important when you leave a message that you speak clearly and give your name and phone number first. You may leave a brief message but the doctor will get the details when he returns your call. Please be aware that the doctor will return your call as soon as possible. Most calls are returned within 30 minutes, but if the doctor is in the emergency room or in surgery, the response may be delayed.

Bleeding

If you were given gauze, change it as directed every 30 minutes until active bleeding has subsided (usually 2-3 hours). Some bleeding may last for 24 hours. If there is excessive bleeding, follow these instructions:

1. Rinse mouth with cool water and gently wipe away blood clots with a clean piece of gauze or a tissue.

2. Take a large amount of gauze, a piece of sanitary napkin or 2 tea bags moistened with water and place over bleeding area and close mouth, applying constant pressure.
3. Remain quiet and in a sitting position for 20-30 minutes.
4. Repeat steps 1 and 3 until bleeding is controlled.
5. After these instructions have been followed in detail and excessive bleeding persists, you should call our office.

Specific Instructions

- Apply ice to jaw for the first 24 hours.
- Leave immediate denture, partial or flipper in mouth for 24 hours, then remove it and begin salt-water rinses ($\frac{1}{4}$ teaspoon salt in glass of warm water). Rinse every 2-3 hours for 3 days. Wear denture or partial as much as possible to reduce swelling from the surgical site. If you do not have a denture or partial, begin salt-water rinses 24 hours after surgery.
- Use heat on swollen areas as directed.
- If you had a sinus lift, **do not blow your nose** for 2 weeks. Take a decongestant such as Claritin for 10 days after surgery to decrease sinus congestion.
- You may be given any of the following prescriptions:
 - **Pain medicine:** should be taken as needed. You may take ibuprofen (600-800mg every 6 hours) in addition to or instead of your prescription pain medication. While taking prescription pain medication, do not drive or operate heavy machinery. Be sure to eat something prior to taking pain medicine to reduce nausea.
 - **Antibiotic:** should be taken as directed until gone. Be aware that some antibiotics can reduce the contraceptive effect of birth control pills. Please contact your gynecologist or pharmacist if you have concerns.
 - **Nausea medicine:** should be taken as needed. While taking this medication, do not drive or operate heavy machinery.
 - **Mouth rinse:** use as directed on the bottle. Avoid full-strength mouthwashes for 2 weeks.
 - If you are a current patient and anticipate the need for a refill on your medication or a new prescription, please contact our office during regular business hours. Please have your pharmacy phone number available before you call.