



## **POST-OPERATIVE INSTRUCTION FOR DENTAL IMPLANT**

### **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. You can start brushing and flossing the **non-treatment** areas 24 hours after the procedure. 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 & Sutures**

Minimal bleeding is expected after surgery and may continue for several hours. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. Typically, non-resorbable sutures will be placed and are **usually removed at 2 weeks**. This may vary on a case by case basis.

### **Swelling**

Swelling is the body's normal reaction to surgery and healing. Swelling and bruising will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. It is normal and not a cause for alarm. 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 an ice pack to the area (10 minutes ON and 10 minutes OFF) as much as possible for the first 24 hours.

### **Medication / Pain Management**

**Antibiotics:** Please take as prescribed. It is very important you finish the prescribed course of antibiotics to minimize the risk of post-operative infection.

**Antimicrobial rinse (Chlorhexidine):** Please take as prescribed. The usual course of treatment for this rinse is 2 weeks after which you may discontinue it unless otherwise instructed by your doctor. **Please note:** Staining is common with this rinse and can be easily removed at your follow up appointments with your doctor.

### **Advil & Tylenol:**

- Take **Advil (600mg) WITH Tylenol Extra-Strength (500mg)** every 6 hours for the first 48 hours.
- After 48 hours, take **Advil (400mg) WITH Tylenol Extra-Strength (500mg)** every 6 hours as needed.

**Other prescriptions:** Additional prescriptions may be prescribed but will vary on a case by case basis. Please take as prescribed.

### **Smoking & Alcohol**

Do not smoke for a minimum of 10 days after surgery. Smoking greatly impairs healing in the site and can directly impact the success of your procedure.

Avoid consuming alcohol for 5 days after the procedure. Alcohol can promote further bleeding at the treatment site and reduces efficacy of many prescribed medications.

### Other Considerations

**Maxillary Sinus:** In cases where a sinus lift was conducted in conjunction with the implant placement, the following precautions should be taken after the procedure:

- Avoid forceful nose blowing for 10 days
- Sneeze only with your mouth open for 10 days
- Avoid lifting anything >20lbs for 10 days
- Avoid travelling in a plane, or high elevations for 2 weeks

**Sensations:** Numbness or tingling in treatment areas can occur as a normal part of the healing process. Nerves affected by the procedures will typically regenerate over a period of 3-18 months. The treatment area may itch or tingle as this process occurs.

**Healing Time:** Lower jaw implants will take 3-4 months to integrate with the bone. Upper jaw implants will take 4-6 months to integrate with the bone.

**Activity:** Rest is advised for the remainder of the day. If you received sedation, do not operate heavy machinery (motor vehicles, boats, etc) or power tools for the rest of the day. Avoid strenuous activities for 1 week.

### Contact

Questions or concerns not covered on this form? Please contact us!

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**If you are experiencing uncontrollable bleeding or troubles breathing after hours please call 911.**

