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DENTAL IMPLANT POST-OP INSTRUCTIONS

Do not touch the surgical site. 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 sutures in the surgical site. Rinse as directed for proper hygiene.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) is rare but can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply a frozen gel pack or a plastic bag or towel with ice on the cheek in the area of the surgery. Apply the ice on for 5 minutes then off for 20 minutes, as much as practical while awake, during the first 24 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft foods and liquids should be eaten on the day of the surgery. Return to a normal diet as soon as possible unless otherwise directed. Avoid chewing on the treated area.

Pain

You should begin taking pain medication prior to the local anesthetic wearing off. For moderate pain, Tylenol or Ibuprofen (Motrin/Advil) may be taken. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection. Should you experience an allergic-like reaction, stop the medication and contact Dr. Satlin immediately.

Oral Hygiene

Good oral hygiene is essential to good healing. The day after surgery, warm salt-water rinses (1/2 teaspoon salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially when brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

If you have any questions or concerns, please contact our office.