

AFTER PLACEMENT OF DENTAL IMPLANTS

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal or clear plastic healing abutment protruding through the gingival (gum) tissue.

Bleeding

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

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack, or towel filled with ice on the cheek in the area of surgery. You can make your own ice packs by using 3 parts water, 1 part rubbing alcohol in ziploc bags and freezing to make a slush. These may be placed in tube socks that are tied together at one end, placed around the patient's head and tied at the top. This will help it stay on the surgical site. Apply the ice regularly for the first 36 hours but allow the face to rewarm between applications.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed but try to chew on the opposite side.

****For more information please view the [Nutrition After Dental Implant Surgery Form](#).**

Pain

You should begin taking pain medication before you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil, Motrin) may also be taken every 3-4 hours, but alternately with the Tylenol.

Example:

12 pm : Tylenol
2 pm : Ibuprofen
4 pm : Tylenol
6 pm : Ibuprofen
8 pm : Tylenol

Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. 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.

Oral Hygiene

Good oral hygiene is essential to good healing. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth and the healing abutments is encouraged. Be gentle initially with 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.