

POST-OPERATIVE INSTRUCTIONS FOR IMPLANT/IMPLANT with GRAFT

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing.

FOLLOW THESE POST-OP INSTRUCTIONS TO ACHIEVE OPTIMUM RESULTS:

1. ACTIVITY:

Absolutely no heavy activity or strenuous exercises for 24-48 hours. Heavy activity will increase blood flow, which can lead to bleeding and swelling. Only light activity.

2. ICE:

Swelling is normal. Alternate every 15 minutes with an ice pack (15 min. on/ 15 min. off). This will accelerate your healing and minimize the swelling or bruising. You may continue this for up to 72 hours after surgery, following which, moist heat is required.

3. BLEEDING:

You will have been dismissed from the office only after bleeding has stopped. However, a minor amount of oozing is normal. If this persists, then apply gauze in the area with gentle pressure. Change the gauze as necessary until the bleeding has stopped. You may also bite down gently on a moist Tea bag for 20 minutes. If bleeding persists or increases, please call us.

4. PAIN MEDICATION:

If a prescription hasn't been indicated for you, you may take over-the-counter Ibuprofen (if not allergic to it, or not taking Aspirin) available at any local pharmacy (Ex: Brufen). Each tablet is 200mg. You may take up to 800mg (4 tablets) every 8 hours based on your degree of pain. You may continue this for 2-5 days based on your pain. If necessary, you may also take 1 tablet of paracetamol (Crocin) 325mg in addition to the above every 4-6 hours.

5. ELEVATION:

Keep your head elevated for the first 24-48 hours. This will help to minimize any swelling and bleeding.

6. FOOD:

You will have left the office anesthetized. Your lips, teeth, gums, cheek and/or tongue may still be numb. Avoid chewing until the anesthetic has completely worn off. Only soft food for the first day. Nothing HOT for the first 24-48 hours as it should be consumed at room temperature which will ensure faster healing of implant/graft site. If possible it is recommended to chew on the opposite side of the surgery site for the next 2 weeks. Be sure to eat and drink as nourishment is vital to the healing process.

7. HYGIENE:

Gently cleanse the area with the prescribed 'Peridex' mouthwash using a Q-Tip for 1 week. Gently swish the mouthwash in the surgical area 3-4 times a day, for 10 days. Avoid brushing the surgical area for several days, after which resume brushing, but gently with an extra soft bristled tooth brush. In addition, you may also rinse your mouth with a warm salt water solution (1 tsp of salt with half a cup of water), 3-4 times a day for the week of your surgery.

8. ANTIBIOTICS:

Take your antibiotics as directed until they are completely finished. If you have any diarrhoea or stomach problems, immediately call your Primary Care Physician and your Dentist.

9. AVOID:

Avoid Tobacco products (smoking or chewing), alcohol, peroxide rinses and harsh mouthwashes.

10. SUTURES:

- No sutures were placed. You do not need to return unless you have a problem.
- Sutures will dissolve. Removal is only needed if they come untied, dangle down, or bother you.
- Sutures MUST be removed. You will need to return in ____ days.

Do not to play with the sutures with your tongue. When the tissue is stable, it is not uncommon for sutures to dissolve or come loose earlier than expected.

11. HEALING:

In the next 3-4 months your graft will be integrating with your bone and become stable. Avoid any excess pressure to the area during this time. If you are wearing a temporary appliance, only wear it when absolutely necessary as this may place additional unnecessary pressure on the surgical area.

Please give us a call if you have any questions or send us an email at: frontdesk@dentallavelle.com