DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Instructions: AFTER Implant Placement

Bleeding

Bleeding is well controlled prior to your discharge. However, some amount of bleeding is perfectly normal. If gauze was placed in your mouth, keep it in for approximately 1-2 hours. You may replace this gauze as needed with new gauze given to you. Apply pressure with gauze manually or by biting with gauze over the surgical site if bleeding continues. If you run out of gauze you may use a wet tea bag or purchase gauze from a pharmacy. Refrain from vigorous rinsing and spitting for the first 24 hours to prevent blood clot destabilization. If profuse bleeding unexpectedly occurs and is uncontrollable, contact the office immediately.

Swelling

Following surgery, apply cold packs to the face adjacent to the affected surgical areas for the first 24-48 hours to reduce swelling. Cold packs are to be applied intermittently 20 minutes on, 20 minutes off. Simply place crushed ice within a heavy-duty sandwich bag and apply as directed. Starting on the third post-operative day, heat packs may be used in the same manner as above to reduce swelling. Moderate swelling is normal. As long as you are comfortable, do not be alarmed.

Discomfort

Moderate amounts of discomfort can be expected from all minor oral surgical procedures. Take the first dose of pain medication prior to the local anesthesia wearing off. Continue taking the prescribed pain medication as directed. Do not allow the pain to catch up with you. Take the medications on schedule to help control as well as prevent the pain. If severe pain occurs or if you are uncomfortable and cannot gain relief by taking the prescribed medications as directed, please contact the office.

Medications

It is imperative that you take all medications as prescribed. Antibiotics are prescribed to prevent infection and must be taken as directed to be effective. Anti-inflammatory and pain medications are prescribed to prevent and reduce swelling as well as pain. If itching, rash, or labored breathing occur while taking the prescribed medications, discontinue all medications immediately and contact the office or go to a hospital emergency room.

Numbness

Long acting local anesthetics are commonly used. Therefore, you may expect numbness of the gum tissues, lips and tongue for as long as 12-24 hours. Great care must be exercised to prevent biting or maceration of the lips and tongue. If numbness persists after 24 hours, contact the office.

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Bruising

Minor amounts of bruising around the cheeks, lips, neck and face are normal. However, if the bruising extends over the neck area and enlarges over your chest please contact the office.

Sutures

Do not disturb your stitches. Both dissolvable and non-dissolvable stitches are commonly used. Dissolvable stitches will begin to untie in 1 to 2 weeks. Non-dissolvable stitches will be removed at the first or second post-operative visit. If you feel the stitches are coming undone before 3 days or if you feel loose excess gum tissue, please call the office.

Diet

Following surgery, a SOFT diet must be maintained for at least 2 weeks in order to minimize trauma to the surgical sites which can effect healing. In some situations, a longer period of time is required. We will discuss this with you if you require a longer soft diet period. After dental implant surgery, a soft diet is necessary during the implant healing period. This prevents pressure over the implants which can cause implant failure. Chewing on side not affected by surgery is preferable.

Hygiene

A special mouth rinse, Peridex® or Periogard® (or its generic – Chlorhexidine (“CHX”)) may have been given or prescribed to you. Rinse with this solution two to three times per day for one minute at a time. Tooth paste interferes with CHX. Therefore, rinse with the CHX one hour before or after toothpaste use, or discontinue toothpaste use with toothbrushing. CHX is an antibacterial agent and will help keep the healing surgical areas clean. DO NOT BE ALARMED if CHX causes tooth staining or changes taste perception. The STAIN IS REMOVABLE and taste sensation will return when CHX is discontinued. In addition to the CHX rinsing, (or if CHX was not prescribed), use a medium or soft bristle toothbrush. Exercise great care to prevent trauma from your toothbrush to the surgical site.

Surgical Dressing

Following certain surgical procedures, a periodontal dressing may be used to cover and protect the surgical site. If a dressing was placed in your mouth, try not to disturb it with hard foods or by brushing. It is common for pieces of the dressing material to come loose. If this occurs within the first two days following surgery, call the office. The area may need to be re-dressed. If the dressing comes loose after this time, continue with proper oral hygiene as outlined above.

Activity

Avoid driving a motor vehicle or operating machinery when taking pain medications. Limit moderate and high physical activity for two weeks following surgery. This includes jogging or running, aerobics, and heavy housework. Walking and light housework is permitted as tolerated.

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Alcohol and Tobacco

Refrain form alcohol consumption for 24 hours following surgery and 48 hours if IV conscious sedation was used. Smoking severely compromises tissue healing. Refrain from smoking for at least 2 weeks following surgery.

Complications & Questions

Although we certainly do not anticipate any problems, they occasionally arise. By all means call us if you have any questions so that little complications can be treated before they become major. For non-emergency questions, please contact Dignity Dental Practice during business hours at (209) 957-1244.

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