

POSTOPERATIVE IMPLANT INSTRUCTIONS

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Postoperative care is very important. Careful attention to the following instructions will help prevent complications, minimize discomfort, and promote proper healing.

Bleeding after surgery is usually minimal. Should heavy bleeding occur, it may be stopped by gently biting on moist gauze for 30 minutes. If bleeding persists, contact our office.

Ice should be used for the first 24 hours following surgery (30 min. on, 30 min. off). The ice will help to minimize swelling, although, some swelling is normal and will usually peak 48 hours after surgery. After the first 36 hours you can use warm moist heat, or a heating pad, for swelling (30 min. on, 30 min. off).

Discoloration, resembling a bruise, may result after surgery. This is due to minor bleeding within the tissue and is of little significance. This will resolve within approximately one week.

Smoking and alcoholic beverages should be avoided during the healing period. These substances decrease the health of the oral tissues and can interfere with healing.

Starting 24 hours after surgery you should gently brush and rinse thoroughly with a salt-water solution (1/2 tsp. of salt in 8 oz. of warm water) after each meal. Other mouthwashes may be prescribed by the doctor and should be used according to instructions. Commercial mouthwashes and sprays should be avoided, unless recommended by the doctor.

DIET:

- ◆ A soft diet should be followed until you return to the office. Avoid hard or crunchy foods such as peanuts, popcorn, chips, etc.

Appliances should not be worn until adjusted or relined by your restorative doctor. The wearing of an appliance may jeopardize a successful healing process. Avoid direct pressure on the surgical site.

MEDICATIONS:

- ◆ If an antibiotic is prescribed, it should be taken until it is completely gone.
- ◆ Pain medication should be taken as directed.
- ◆ If you have upper implants, you may be asked to use a decongestant. This is meant to reduce sinus congestion.

IF YOU EXPERIENCE ADVERSE REACTIONS TO MEDICATIONS SUCH AS RASH, NAUSEA, ITCHING, OR IF YOU ARE IN DOUBT OF ANYTHING AT ANY TIME, PLEASE CONTACT THE OFFICE. IF IT IS AFTER OFFICE HOURS, OUR ANSWERING SERVICE WILL DIRECT YOUR CALL TO THE DOCTOR. A DOCTOR IS ON CALL 24 HOURS A DAY.



- ❖ **PLEASE MAKE SURE THAT YOU HAVE A POSTOPERATIVE APPOINTMENT SCHEDULED APPROXIMATELY 14 DAYS AFTER YOUR STAGE I SURGERY.**