

## INSTRUCTIONS FOR PATIENTS FOLLOWING IMPLANT SURGERY AND BONE GRAFTS

Now that your oral surgery is completed, please follow these instructions to make yourself more comfortable, promote healing and help prevent any possible complications.

### DIET

A nutritionally balanced soft food diet with plenty of fluids is important during the first 24 hours. Eat soups and soft foods, which are easily chewed and swallowed. Have foods warmed slightly rather than hot. During the first 24 hours avoid rinsing, smoking, and alcohol. Any of these actions could disturb or dislodge the protective blood clot from the surgical site. Loss of clot (*dry socket*) may cause uncomfortable delayed healing, and require additional visits to our office for treatment.

### BLEEDING

You may leave this office with a wet gauze pad covering the surgical site. Keep the gauze in place and apply gentle tongue pressure on it for 30 minutes. Under this gauze may be a putty-like surgical bandage, which may stay in place for 10-14 days. Wash hands and remove gauze after 30 minutes. A little bleeding or oozing is normal. If simple bleeding continues, use the provided extra gauze and apply pressure for another 20 minutes. Repeat if necessary, if bleeding is persistent, place a moistened tea bag to the area and apply pressure for 20 minutes.

### RINSING

During the 2 weeks (beginning 24 hours after surgery) Corsdyl or lukewarm salt-water rinse should be used 3 to 4 times a day. Dissolve one level teaspoonful of salt to an eight-ounce glass of warm water. Allow water to remain in your mouth for 60 seconds, but do not rinse vigorously before emptying salt-water rinse. A gentle rinsing action is suggested.

### ICE

Following surgery ice bags may be used to aid in pain control and to help minimise swelling and bruising.

- (1) Place a folded towel over the surgical area
- (2) Place the ice pack on the towel

The third day is usually the most uncomfortable due to swelling. Some bruising may occur, this is normal, after the third day the swelling and discomfort usually begins to improve.



### **BONE FRAGMENTS**

Small bone fragments often separate from the surgical site during healing. If you feel a fragment or spicule in the surgical area it will probably work its way out. If it is sharp or painful, call for an appointment. Generally these fragments are easily removed without discomfort.

### **MEDICATIONS**

Please take medications as directed unless a drug reaction or allergies develop. **If you have trouble with breathing or feel extremely ill go directly to the nearest hospital emergency room.**

### **EXERCISE**

Should be avoided for the first 24 hours. Exercise can promote bleeding or discomfort. Start back slowly and develop a routine based on how you feel.

### **IMPLANTS**

All implants must remain undisturbed in the bone during healing. Do not chew directly on implants during the initial healing phase. Avoid disturbing the implant with your tongue or fingers. If numbness persists beyond 12 hours, please contact our office. If you have had an upper implant placed or sinus grafts performed, avoid blowing your nose for 8 days. Do not sneeze with your mouth closed, but try to keep the mouth open as you control the sneeze.

### **BRUSHING**

You may brush your teeth adjacent to the implant site, but avoid brushing directly over the area until your review appointment.

### **AVOID**

Avoid pulling on your lip to 'have a look' at the surgical site as this can put unnecessary tension on the stitches we have placed.

### **NEXT APPOINTMENT**

You should make an appointment with your dentist within two weeks.

### **EMERGENCY**

If you have any reaction to surgery or medication that you consider abnormal, telephone or email the practice.

