

Implant Post - Op Surgery

Swelling, discomfort, stiffness, and a small amount of bleeding following oral surgery is normal and expected. By following these instructions all of these can be kept to a minimum.

1. Smoking will promote bleeding and interfere with wound healing increasing your chances of getting a dry socket. If you can avoid smoking as much as possible for 1-2 weeks that would be ideal but I understand this may be difficult in some circumstances - please at the minimum avoid smoking for at least 48 hours post-operatively.
2. Avoid hot liquids or hot foods for 24 hours post-operatively. It is very important to drink plenty of fluids.
3. Do not spit or suck through a straw and if you need to sneeze or cough try to do so with your mouth open. The increased pressure in your mouth will promote bleeding and may dislodge the blood clot causing a dry socket. Do not rinse your mouth or brush your teeth until the day after surgery. This is to insure the formation of a healing blood clot, which is essential to proper wound healing.
4. Do not touch or disturb the area where the work was done with your tongue, fingers or any sharp instruments(i.e. eating utensils). This may result in irritation, infection or bleeding. For the first day or two limit your diet to soft foods. Ice cream or yogurt may be the most comfortable for the first day. Be sure to chew on the opposite side for 24 hours.
5. The day after surgery start to brush and rinse your mouth. Be gentle but thorough; cleanliness is essential to proper healing. To rinse, it is recommended to dissolve one teaspoon of salt in one cup of water, then rinse four times a day.
6. Bleeding is normal following a surgical procedure. Prior to leaving the dental office, a gauze pad will be placed over the extraction site and you will be advised to maintain firm biting pressure for a recommended period of time (usually less than one hour). It is normal for oozing to continue in the saliva for a short period of time following removal of the gauze pad because it takes 18- 24 hours for the blood clot to mature in the extraction socket. Should bleeding recur, apply firm pressure with the cotton gauze you have been given, for approximately 15 minutes and repeat as needed. Alternatively, a tea bag soaked in cold water can be folded in half and bitten on (tea contains Tannic Acid which is a styptic, and may help to reduce bleeding). Should bleeding be excessive or prolonged, or something does not seem normal, do not hesitate to call us.
8. Some discomfort is normal after the surgery. Analgesic medications should be taken only as prescribed.
9. Pre-operatively 1 hour before your procedure you were advised to take:
 1. 2g Amoxicillin or 450mg Clindamycin (Antibiotic)
 2. 6mg Decadron (Corticosteroid)

Post-operatively you were given:

1. 1g Amoxicillin q6h x 3 or 150mg q6h x3
2. 4mg Decadron for the day after surgery
3. 2mg Decadron for 2 days after surgery

10. If pain persists you may take 400mg of Ibuprofen (Advil) and 500mg of Tylenol every 6 hours (in combination). If pain still persists after this regimen please contact the office.

10. Try to limit yourself to low impact activities at least for the first week. Unless you have been advised otherwise, dissolvable sutures have been used which normally dissolve on their own in 5-7 days after surgery.