



## After Implants & Bone Grafting

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may or may not be a metal healing abutment protruding through the gum tissue.

### Immediately Following Surgery

- The gauze pad placed over the surgical area should be kept in place for 30-45 minutes. After this time, the gauze pad should be removed and discarded. You may be instructed not to use gauze or place any pressure in the surgical site as to not disturb the bone graft.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This will usually happen as the numbing medicine wears off.
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable which may be few days.
- Place ice packs to the sides of your face where surgery was performed for 20 minutes at a time. Refer to the section on swelling for explanation.

### Bleeding

Minor bleeding is to be expected followed by oozing which may continue throughout the night. This is normal and should not be cause for alarm. If you are able to use gauze, place a folded piece of clean moist gauze over the bleeding area and maintain pressure for a full 30 minutes with the head elevated. If there is concern, please call our office.

### Swelling

Swelling is expected and usually proportional to the surgery involved. The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days after surgery. However, the swelling may be minimized by the immediate use of ice packs to the sides of the face where surgery was performed. Use the ice packs for 20 minutes on and 20 minutes off for the first 48 hours after surgery. If difficulty with swallowing occurs, please contact our office.

### Pain

Pain may be expected soon after the surgery and increase over the first three days as swelling increases. It is recommended that you start taking your pain medications as written as the numbing medicine begins to wear off. It is helpful if the patient rests during this period of discomfort. One should not drive while taking narcotic pain medication. In most cases, prescription medication may only be necessary for 72 hours. After the 3rd post-operative day, as the swelling decreases, over the counter pain medication such as Ibuprofen (Advil) or Tylenol may be used to relieve discomfort. Studies suggest that over the counter Ibuprofen 400mg taken with over the counter Tylenol 500mg every 6 hours have a synergistic effect for pain control (think 1+1=3). If severe pain persists after the 4th day, it may require attention and you should call our office.

## Diet

After IV sedation, liquids should be initially taken after bleeding is controlled. You may eat soft foods the first day, returning to a normal diet as soon as possible. You should prevent dehydration by taking fluids regularly. You will feel better, have more strength, less discomfort and heal faster if you continue to hydrate and nourish.

## Keep the mouth clean

You can brush your teeth the day of surgery gently. Be cautious around the surgical sites but do your best to keep your teeth clean. The day after surgery you should begin rinsing at least 3-4 times a day, especially after eating, with a cup of warm water mixed with a half teaspoon of salt. We do not recommend using full strength Scope or Listerine, or alcohol based oral rinses as these may be harsh on healing surgical sites. Warm water and preferably warm salt water will be ideal.

## Antibiotics

If you did not receive an antibiotic, that is OK, there was not a medical or surgical indication to have one. If you were written for an antibiotic, take them as directed. Antibiotics will be given to help prevent infection or support your specific medical need. Discontinue antibiotic use in the event of a rash or other unfavorable reaction and contact our office.

## Other Concerns

- If numbness of the lip, chin, or tongue occurs there is no cause for alarm. This is most likely due to the close relationship between your lower teeth and the nerve located below the tooth roots. As stated before surgery, this is usually temporary in nature. You should be aware that if your lip or tongue is numb, you could bite it and not feel the sensation so be careful. Call our office if you are experiencing any altered sensations after the first week of surgery.
- Do not wear your prosthesis (denture, flipper, etc...) for 10 days unless told otherwise by Dr Lussier or your restorative dentist.
- Sutures may be placed in the area of surgery to support the surrounding gum tissues. Sometimes they become dislodged, this is no cause for alarm. Just remove the suture from your mouth and discard it. The sutures will dissolve on their own usually between the 3rd and 7th post-operative day, if sutures remain after 2 weeks, call our office.
- The pain and swelling should subside more and more each day following the 3rd day after surgery. If not, please call our office.
- Follow these instructions and contact us if you still have questions.

## Sinus Precautions (if you were told these were necessary for you to follow, please read)

Because of the close relationship between the upper teeth and the sinus, an opening between the sinus and the mouth can sometimes result from surgery. If that complication has occurred, certain precautions will assist healing and promote closure of the opening when followed. It often heals slowly. We ask that you faithfully follow these instructions (usually for 3 weeks):

1. Do not blow your nose under any circumstance for at least three weeks, even though your sinus may feel “stuffy” or there may be nasal drainage. This will re-open the holes.

2. Try not to sneeze. If you must sneeze, keep your mouth open to reduce undesired sinus pressure for three weeks. Sneezing with your mouth closed can create pressure that could reopen the hole.
3. Take prescriptions as directed.
4. Recommended over the counter medications: Afrin nasal spray and/or Mucinex (or their generic equivalent)

Slight bleeding from the nose is not uncommon after surgery.

Please keep our office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments with our office until this complication has resolved. Please remember that occasionally a second procedure may be required if there is a persistent sinus communication.