

## IDAHO FALLS ORAL AND FACIAL SURGERY

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### POST-OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANTS

**SWELLING:** This is the body's normal response to surgery and will vary among individuals. Swelling will increase over the next 2-3 days and then begin to subside during the next 5-7 days. Keep your head elevated while resting and sleeping by placing 2-3 pillows under the shoulders and head. Ice may be used the first 24 hours (15 minutes on, 15 minutes off) if desired. Dry or moist heat may be used after this as desired and may increase your comfort level.

**BLEEDING:** The saliva may be tinged with blood for 1-2 days. If heavier bleeding occurs you should gently place a **moist** gauze pack over the surgery site and bite with light pressure for 15-30 minutes. If bleeding persists please call the office for further directions.

**HYGIENE:** Oral hygiene is essential for optimal healing and lessens the risk of infection. Twice daily brush your teeth with your regular toothpaste. You will have been prescribed an antibiotic mouth-rinse and should use it until gone. Be cautious of the surgery site yet clean it carefully. Softening your tooth brush bristles in hot water may make it more comfortable.

**MEDICATIONS:** You will be prescribed medicines for pain control (narcotic and non-narcotic). Take your pain medications before the numbness from your local anesthetic is gone. Take these pain medicines with food or drink to help avoid nausea. A comfortable patient will heal better. If you are prescribed antibiotics or an antibiotic mouth rinse use these as prescribed until they are gone.

**DIET:** Avoid chewing at the surgery site for several weeks. Hard foods such as raw vegetables or chips are best avoided. It is best to chew on the opposite side of the mouth. It is important to get plenty of fluids and a balanced diet to provide optimal nutrients for good healing.

**SUTURES:** If sutures are placed they will usually be dissolvable. If they need to be removed this will occur at your post-operative appointment, usually one week after your surgery. Most dissolvable sutures are gone within 7-10 days.

**ACTIVITY:** The day of surgery you should take it easy, especially if you were administered IV medications. The day after your surgery you can resume normal activities as tolerated. You should use caution to the face and jaws to protect the surgical site.

#### **OTHER:**

**Be assured that our interest in your well being does not end with surgery.** If you should have questions or problems please call the office. A post-operative examination has been scheduled for about one week, but we are happy to see you sooner if the need arises.