

# Long Family Dental

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## POST OPERATIVE CARE FOR DENTAL IMPLANTS

### **Diet**

After your implant surgery, you will want to eat nourishing food that can be eaten comfortably. The temperature of the food does not matter, but avoid extremely hot foods and liquid. Soft, cool foods are the most easily tolerated. We recommend that you only consume soft foods during the first 6 days to avoid food particles contaminating the wound.

AVOID popcorn, poppy seeds, sesame seeds or seeded fruits as they can get stuck and cause infection. AVOID any food that is hard or crusty.

Fluid intake is important. Clear beverages, ginger ale, Seven-up, or Sprite, water, teas, soda, broth, soups or juices are all suitable. Avoid hot liquids until the numbness has worn off and the bleeding has stopped.

AVOID using a straw for several days. It may dislodge the blood clot and delay healing.

AVOID smoking completely as it tends to delay healing and interfere with regeneration.

After each meal, the mouth should be thoroughly rinsed with the mouthwash containing chlorhexidine prescribed by your doctor. Make sure that you get rid of any toothpaste residue prior to rinsing and then DO NOT eat or drink for 30 minutes after rinsing.

### **Managing Swelling**

In order to reduce surgical swelling, we recommend covered ice packs or a cold compress applied to the face over the surgical site for the first 24 hours after your procedure. We suggest that you apply 20 minutes on, and 10 minutes off. If possible, elevate the head with an extra pillow during the first 2 nights after surgery to reduce swelling. Anti-inflammatory medications, such as Advil, also help decrease swelling.

Bruising may appear on the face during the first few days after surgery.

Swelling may continue to increase over a three day period and then begin to resolve.

### **Managing Bleeding**

We've placed a gauze pack on the surgical site(s) to limit bleeding while the clot forms. The gauze packs should be left in place for 30 to 40 minutes after you leave the practice.

Should slight bleeding continue, bite down softly on the gauze, making sure they remain in place. Continue to change the gauze packs every 30-40 minutes if there is continual bleeding.

To replace gauze, fold a clean piece into a pad thick enough to bite on. Dampen the pad and place it directly on the surgical site.

If bleeding continues despite the above efforts, boil a small amount of strong tea, for 5 minutes. Then, soak a small gauze compress in the cooled tea, and place firmly on the site that is bleeding. Close the jaws tightly and hold for 30 minutes. Repeat if necessary.

Bleeding should never be severe. If bleeding remains uncontrolled, please call us.

<b>Managing Pain</b>	<p>The length of time you experience numbness varies, depending on the type of anesthetic you've received. While your mouth is numb you'll want to be careful not to bite on your cheek, lip, or tongue. The numbness should subside within a few hours. Pain following oral surgery may be most severe within the first 6 – 8 hours after surgery.</p> <p>Tablets for pain relief should be taken as necessary and according to instructions. DO NOT drive or operate machinery and AVOID alcoholic beverages. DO NOT take prescription pain medication on an empty stomach. If pain persists, please call us.</p>
<b>Managing Infection</b>	<p>The mouth should be thoroughly rinsed with warm saline solution or mouthwash containing chlorhexidine after each meal to reduce the chance of infection. Place the solution in your mouth and gently rotate your head from side to side. Please do not swish aggressively.</p> <p>If you are prescribed antibiotics, it is essential that you follow the instructions and complete the course.</p>
<b>Healing</b>	<p>After an implant placement, a blood clot will form in the surgical area. This is an important step of the normal healing process. You should therefore avoid activities that might disturb the surgical area, especially during the first 24 – 48 hours.</p> <p>Do not rinse your mouth vigorously or probe the area with any objects, including your fingers. If you experience an unpleasant taste, drink fluids or use a wet washcloth to wipe your tongue, being careful to stay away from the surgical area.</p> <p>Do not smoke or drink through a straw for 72 hours following your surgery. Avoid strenuous activity for the first 24 hours after your procedure. This will reduce bleeding and help the blood clot to form.</p> <p>We recommend you take a daily multi-vitamin with a minimum of 1000mg of vitamin C. If upper implants were placed, avoid blowing your nose for 2 weeks to avoid infection.</p>
<b>Sutures</b>	<p>Sutures will resorb or fall out on their own unless the Dr. recommends that you come back for suture removal. If bleeding occurs because the sutures have fallen out, bite on gauze to apply pressure as described below in Managing Bleeding.</p>
<b>Dentures</b>	<p>Dentures will be refitted as soon as possible after the implant placement. However, inserting the dentures too early may jeopardize a successful healing process.</p>
<b>Dry or Cracked Lips</b>	<p>Apply Vaseline or lanolin to the lips for the first two days to prevent lips from drying or cracking.</p>
<b>Oral Hygiene</b>	<p>Begin your normal oral hygiene routine as soon as possible, by day 2 or 3 after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but it is important to make every effort to clean your teeth within the bounds of comfort.</p>
<b>Contact Us</b>	<p>If you are concerned about any matter regarding the surgery or recovery; please call our office.</p>