

Instructions Following Placement of Dental Implants

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. In some cases there will be a metal healing abutment protruding through the gingival (gum) tissue while in other cases the implants will be covered by the gum tissue. You may have received an immediate temporary crown or bridge over the implants.

Bleeding: Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.

Swelling: Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice pack 20 minutes on and 20 minutes off for the first 3 to 4 hours.

Diet: Drink plenty of fluids. Avoid hot liquids or hot food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed. If you have received immediate teeth then you may be advised to restrict your diet to soft foods for the first 4 weeks.

Pain: You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Two to three Advil tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed.

Sutures: You may have sutures (stitches) in the site of the surgical area if your gums were deflected back as part of the surgery. Avoid forceful playing with the sutures and flaps with your tongue or finger. The sutures will be removed after 1 week if the non-resorbing kind are used.

Antibiotics: Antibiotics may or may not be prescribed for you. If you are prescribed antibiotics, be sure to finish the prescription as directed.

Oral Hygiene: Good oral hygiene is essential to good healing. The night of surgery use the prescribed Pericide Oral Rinse before bed. The day after surgery, the Pericide should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 1 minute then spit it out. Warm salt-water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. If the abutments are protruding through the gums, you can gently clean these with a Q-Tip soaked in the Pericide.

Activity: Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing your Prosthesis: Partial dentures, flippers, or full dentures should not be used immediately after surgery unless Dr. Bridger advises otherwise. We will adjust these to insure that they do not put pressure on the healing implants. Research has shown that most cases of early failure are due to premature loading of the implant by patients wanting to wear their "teeth" too early, or by overloading the healing abutments. Our staff will advise you on diet restrictions.