

# IMPACT

oral surgery

## DENTAL IMPLANT POST-OPERATIVE INSTRUCTIONS

*Please read these instructions carefully.*

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. Our number is: 501.408.4774 or 844.672.2867.

- Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. In some cases there may be a metal healing abutment protruding through the gingival (gum) tissue.
- Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) 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 is a normal occurrence after surgery. To minimize swelling, apply an ice pack, or a plastic bag or towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, for 20 minutes on 20 minutes off, for the first 36 hours.
- Drink plenty of fluids. Soft food and liquid should be eaten on the day of surgery. Return to a normal diet as soon as possible. Avoid applying pressure to the implant site.
- If necessary, you should begin taking pain medication as soon as you feel the local anesthetic wearing off. Ibuprofen, bought over the counter, comes in 200 mg tablets: 2 to 3 tablets may be taken every 4 to 6 hours as needed for pain. For severe pain, the prescribed tablets may be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.
- Be sure to take the prescribed antibiotics as directed to help prevent infection.
- Good oral hygiene is essential to good healing. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas.
- Keep physical activities to a minimum immediately following surgery.
- Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days. This was discussed in the pre-operative consultation.

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## *Healing*

Normal healing after tooth extraction should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you don't see continued improvement, please call our office.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.

*Please note: Telephone calls for narcotic (pain killers) prescription renewal are ONLY accepted during office hours.*

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