

POST –OP INSTRUCTIONS FOR PATIENTS RECEIVING DENTAL IMPLANTS

BLEEDING: Apply pressure to the surgical area by biting firmly on a gauze pack for @ 1 hour, repeat if necessary. Should any bleeding or oozing occur in the operated jaw apply pressure by keeping a moist tea bag on the surgical site, repeat if necessary. If bleeding does not stop, please contact our office.

SWELLING: If possible, an elevated headrest or extra pillow should be used during the first two nights after surgery to reduce swelling in the surgical area. Apply ice to the affected area and continue to do so for the next 2 days (usually 15 minutes on and 15 minutes off cycles.) Swelling reaches its maximum in 48 hours after which warm compresses may be applied (warm wash cloth or heating pad) until area has healed.

EATING: A liquid or soft diet on the day of surgery and the week following is advised as to avoid inadvertent food particles contaminating the wound and disturbing the surgical site. Soft healthy diet is recommended throughout treatment (4 -6 months depending on the treatment). Be careful of applying pressure to the surgical site until the area is restored –crown, bridge, denture. Consumption of alcoholic beverages and smoking should be avoided during this time.

RINSING: No rinsing on the day of surgery. The next day you must start to rinse morning and night with the Chlorhexidine rinse (follow the instructions on the bottle). Also, rinse every 3-4 hours with warm salt water (1 tsp. salt in 1 cup of warm water). Brush and floss other teeth being careful not to disturb the surgical area. Rinse thoroughly after eating. Other mouth rinses and disinfectants should not be used.

SINUS PRECAUTIONS: No nose blowing for 2 weeks. No drinking through a straw for 2 weeks. If congested, an over-the-counter decongestant may be taken. If a prescription is given, follow directions as written.

TEMPORARY APPLIANCE: Appliances are worn for esthetic purposes ONLY or to preserve space. Any pressure to the healing sites must be avoided. Chewing with an appliance is limited to soft foods only. Appliance should be removed while sleeping.

DENTURE STABILIZATION: If having implants placed for denture stabilization it is advised to keep your denture out for approximately 2 weeks after surgery. At the post op appointment, soft liners can be placed in the denture to help protect the surgical sight from any irritation that the any movement from the denture may cause to the healing area. Your denturist will be making the appropriate adjustments and liners. It is often best to leave the denture out as much as possible.

STITCHES ARE DISSOLVEABLE: An appointment should be made 2 weeks following the surgery to remove the sutures and discuss care of tissue around implant. Some stitches may fall out prior to your appointment.

FOLLOWING APPOINTEMENTS: First follow-up appointment is schedule 2 weeks after surgery to remove any sutures, check healing and to review post op care. If necessary, more checks appointments may be required or allow the area to heal pending Dr. Murray's assessment (often 4-6months) Before the implant is restored, the area is always checked with an x-ray and depending on the component in the implant this may need to be changed. Arrangements can then be made to complete treatment and information forwarded to the restoring dentist/denturist. A follow up appointment is required to check

the final crown, bridge or denture placed on the implants. To comply with the implant warranty a one year, two years, five years, and ten years appointment will be required to check the health of the implants. Specific exam fee will apply. For your convenience, regular hygiene appointments can be arranged for completion at our office.