

INSTRUCTIONS TO OUR PATIENTS FOLLOWING IMPLANT SURGERY

DISCOMFORT: Following implant surgery, a certain amount of discomfort can be expected. To minimize discomfort in the implant area take the prescribed medication or your usual pain reliever. You should not drive a car or operate dangerous equipment while taking the stronger narcotic pain medication prescribed.

MEDICATIONS:

-Take the Ibuprofen medication for at least the next 1-2 days. **Discontinue as soon as possible**

-Take the narcotic or stronger medication only as needed for additional discomfort. The narcotic medication can be taken in addition to the Ibuprofen medication.

****Important: DO NOT** discontinue the Ibuprofen medication while taking narcotic medication. It is safe to take the 2 medications together.

MOUTH CARE: An ice pack should be applied to the outside of the face in the area of the implant, 10 minutes on, and 10 minutes off, for the first 6 hours after the implant. Starting the day after the implant, gentle rinsing of the mouth (3-5 times per day) with warm salt water (1/2 tsp. of salt to 1 cup of warm water) is recommended or Peridex, twice a day, if prescribed. On the day following the implant, routine oral hygiene procedures should be started in all areas except those on or near surgical site. Smoking will delay the normal healing phase and increase the risk of bleeding. Refrain from drinking hot fluids for the first 24 hours.

DRESSING: If a dressing material was placed over the area of the implant it is primarily for your comfort. It will take 2 hours for it to harden. Although the dressing should remain in place until your next appointment, it is not necessary to replace it if it should come off.

SWELLING: Swelling is not unusual following most implant procedures and usually disappears within 4-5 days. In most instances these problems can be controlled if the post-operative mouth care instructions are followed. If swelling occurs after 24 hours, continue with the ice packs for the next 12 hours.

BLEEDING: A slight amount of bleeding should not be alarming, however, if the bleeding is excessive or continues over a long period of time, place a gauze pad over the bleeding area and hold firmly for 15 minutes by the clock. Repeat if necessary. You should be able to stop the bleeding with repeated efforts with pressure. If it persists, please call us. Vigorous rinsing of the mouth prolongs the bleeding by removing the clotting blood, so avoid this practice if bleeding is noted.

DIET/EATING: You may eat any food you desire, however avoid hot foods the first day to help prevent bleeding problems. A diet of a softer consistency would be advised until chewing becomes more comfortable. Remember a proper diet is essential for healing and is helpful to prevent nausea from the pain medication.

POST-OPERATIVE VISIT: Usually your first post-operative appointment will be scheduled in 5-7 days. The dressing and some sutures will be removed at this time.

If any problems develop which concern you or if you need anything, do not hesitate to call either one of us at the office or at home. We are ready to help at any time.

HOME PHONE NUMBERS: **Dr. Albright: (502) 245-4691**
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