



GRANT MCGANN, DDS
ORAL & MAXILLOFACIAL SURGERY

Post-Operative Instructions Following Implant Surgery

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours, and you should change the gauze every hour until the bleeding stops. Excessive bleeding can be controlled by biting on a wet tea bag (regular black tea). If bleeding continues, please call us for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack on the outside of the face 20 minute on/20 minutes off during the first 24 hours.

Diet

You may eat and drink whatever feels comfortable, but keep in mind that your mouth will be numb for 4–8 hours. During this time, avoid hot foods and drinks to prevent burns, and be careful not to bite your cheeks. For the first week, avoid sharp foods such as chips or popcorn on the implant site to prevent irritation of the gums.

Pain

You should begin taking pain medication before you feel the local anesthetic wearing off. It is much more effective to “stay out of pain” than “get out of pain.” Start with an Ibuprofen (600-800mg). If you are still experiencing slight soreness, start taking Tylenol (650mg) as well (the 2 medications may be taken together). If the pain becomes severe and does not subside with Ibuprofen or Tylenol, you may start taking the stronger pain medication that you were prescribed (Hydrocodone with acetaminophen, Oxycodone with acetaminophen, Tylenol #3, or Tramadol). Do not take Tylenol (acetaminophen) with any stronger pain medication prescribed (except Tramadol), as they all already contain acetaminophen, and you do not want to exceed 4000mg per 24 hours. Refrain from taking any of the above medications if you are allergic or have been previously instructed against it by another doctor.

Antibiotics and Medications

If antibiotics or other medications were prescribed, be sure to take them as directed.

Oral Hygiene

Start rinsing with Peridex 2 days before your procedure and for 1 week after. There might be a metal healing cap protruding through the gums - brushing your teeth with the healing abutments is not a problem. Be gentle initially when brushing the surgical areas and avoid disturbing the wound for the first week. The sutures dissolve on their own in 1 or 4 weeks (depending on the type of suture used.)

Activity

We recommend that you refrain from physical activities (e.g. working out, running, playing sports) for 2 days after your surgery. The more active you are, the more swelling and bleeding you may have.

Wearing Your Prosthesis

Partial dentures, flippers, or full dentures should not be used immediately after surgery and as little as possible for at least seven days. If the prosthesis does not fit over the implant, please have it adjusted by your dentist before wearing it.