



POST OP CARE IMPLANTS

A dental implant has been placed in your mouth. The implant may be located above or below the tissue. The implant will usually take a period of one to four months to heal; depending upon your body's healing properties and the type of implant surgery. Every consideration must be given to keep the surgical site clean and free of food particles.

INSTRUCTIONS FOR MOUTH CARE & OTHER IMPORTANT INFORMATION

NO SMOKING!: Smoking is to be avoided for the time specified by the doctor. Smoking tends to delay healing and interfere with regeneration.

THINGS TO AVOID: Avoid these after surgery: alcohol with post operative medications, commercial mouth rinses and very hot fluids.

RINSING: Gentle rinsing of the mouth should be started the day after surgery. Frequent gentle rinsing with lukewarm salt water will aid the healing process (add one half teaspoon of salt to a 6oz glass of water). Avoid the use of a water-pik tooth brush.

PAIN: A certain amount of pain must be expected with all types of surgery. An appropriate pain medication has been prescribed for you. Please take it according to the directions. It is advised that you do not drive while taking the pain prescription. However, if only Ibuprofen or Tylenol is needed, most people are able to drive without a problem.

SWELLING: Some swelling and minimal bruising is possible and is to be expected. IT IS NOT UNUSUAL! In most cases, swelling can be prevented/controlled. Apply the ice pack that has been given to you for a period of 20 minutes on and 20 minutes off during the day for the next two days. The application of ice to the outside of the face over the surgical area will minimize swelling. If after five days you still have unusual swelling or pain, please call the office.

BLEEDING: A small amount of bleeding following surgery should not alarm you. If the bleeding is excessive or continuous, please call us at once. Vigorous rinsing of the mouth prolongs bleeding by removing the clotting blood, so when rinsing your mouth, do it gently.

FOOD & DRINKING: **NO** drinking through straws. The use of a straw creates negative pressure in your mouth and will tend to loosen the sutures. Following surgery it is best to restrict your diet to fluids and soft foods for the first day. Normal diet may then be resumed the following day, but you will want to avoid chewing on the implant site until the tissue is completely healed. Soft foods such as Jell-O, pudding, mashed potatoes, scrambled eggs and soups are suggested. If you have difficulty chewing, try blenderized foods or diet supplements such as Carnation Instant breakfast and Ensure.

IMPLANT & FOLLOW-UP: We will see you for the periodic check-ups until the implant has healed. This is usually for a period of one to four months, depending on your implant surgery.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR BLUE HILLS DENTAL OFFICE