

Implant Post Operative Instructions

The following instructions are to help you have a rapid recovery and minimize your discomfort during the healing period. Most of all, they are designed to allow your natural healing mechanisms to proceed. The surgical site should not be disturbed by **excessive** rinsing, eating or cleaning. Please take the time to read these instructions.

Bleeding

- You will most likely experience some bleeding after the surgery that can last up to 12 hours. However, this should be mild weeping. To slow and prevent bleeding, bite with pressure on the gauze pack provided directly over the surgical area. Firm biting for 15-minute intervals will assist in the clotting process. **Do not spit** as this will increase bleeding.
- If the bleeding persists for several hours apply a moist tea bag, or two, with pressure to the area. If **profuse** bleeding is still occurring after the above measures, call this office or the emergency numbers given to you.
- Do not** rinse for 24 hours after surgery.
- Keep exercise to a **minimum** and stay out of stressful situations for at least 24 hours. This may increase your heart rate and blood pressure which will increase bleeding.
- Do not** use a straw when taking liquids. The suction created will increase bleeding and may loosen the blood clot.

Oral Hygiene

- Do not** brush the area directly for several days. Carefully keep the teeth around the site clean trying not to damage the incision. Gently wipe the sutures with gauze dipped in chlorhexidine (0.12%) provided on your prescription.
- Do not** smoke.
- After **24 hours**, gently rinse with warm salt water (1/2 tsp. in 1 cup of water). **Do not** rinse vigorously. This will dislodge the clot and increase bleeding.

Swelling

- Apply ice packs at 15-minute intervals if you notice swelling. Swelling is rare in minor implant surgery and you should notify your dentist if it is pronounced.
- You may develop some bruising at or near the surgery site. This will dissipate with time.

Diet

- Keep up your liquids. Liquid meal replacements are suggested for the first 12 hours after surgery or until you feel you can eat normally.
- Stay away from foods that need vigorous chewing. Stick to soft foods.
- Watch that you do not burn or bite your lip, cheek or tongue while the freezing is still working.
- Eat a nutritious diet throughout your healing period. Hungry people become irritable and less able to deal with discomfort that can follow surgery.
- Understand that if you are taking medications they may cause some stomach upset and nausea. This may be decreased by eating.

Medications

- Take all medications as prescribed. **Do not** exceed the recommended dosage.

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- Take pain medications as prescribed. It is much better to maintain a constant level of pain control in the first 24-48 hours instead of letting pain develop before taking another dose. Set your alarm at night as per the dosing schedule. However, pain is usually mild in minor implant surgery.
- Finish** all antibiotics as prescribed even if you don't feel that you need them. This may prevent a serious infection.
- Do not** consume alcoholic beverages while on medications.
- Do not** give your medications to another individual.
- Keep all medications out of the reach of children.
- Notify your doctor of any adverse reactions to the medications.

Sedation

- If you received sedation prior to your surgery, you **must** have an escort to and from the office.
- Do not operate heavy or dangerous machinery or work at unprotected heights for 24 hours or until the effects of the sedation are gone.

Notify the Dentist if:

1. Profuse bleeding continues in the presence of applied pressure.
2. You are unable to maintain a nutritious diet after 48 hours.
3. The pain or swelling increases after the third day.
4. If the sutures become loose or dislodged prior to the third day or if the incision opens.
5. If you have an adverse reaction to the medication given.
6. If your body temperature becomes higher than 100 degrees F taken orally.

Please, notify our office if you have any questions. Usually a single explanation can resolve the situation and free you from worry. If it is after hours call the emergency numbers given to you. If you cannot reach Dr. Roozendaal, call the Cowichan District Hospital at 746-4141 and ask for the dentist on call.

After Hours Emergency Numbers Only:

Dr. Tom Roozendaal: 748-9223 (residence) or 246-8825 (cell)