VALENTINE
Oral & Maxillofacial Surgery

Patient Instructions: After Dental Implant Surgery

After Placement of Dental Implants

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There will be a metal healing abutment protruding through the gingival (gum) tissue.

Bleeding

Some minimal bleeding or redness in the saliva is normal for a few days. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes at a time. If bleeding continues please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. It will typically maximize in 48-72 hours, post-op. To minimize swelling, apply an ice pack on the cheek in the area of surgery. Apply the ice intermittently, as much as possible, for the first 24-48 hours. The ice should be applied for 20 minutes and removed for 20 minutes. Be careful not to nap with the ice left in place.

Diet

Drink plenty of fluids. Avoid hot liquids or food for 24-48 hours. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed. Do not chew anything hard directly on healing abutment for the entire healing process.

Pain

Your doctor will review pain management and prescribe pain medication as appropriate for your procedure. For mild to moderate pain, an over-the-counter pain medication such as Tylenol and Advil may be enough. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.

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Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent or manage infection.

Oral Hygiene

Good oral hygiene is essential to good healing. Warm saltwater rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas. In some cases, an antibiotic mouth rinse may be prescribed and should be used as directed.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.