

## **POST OPERATION DENTAL IMPLANT INSTRUCTIONS**

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

### **BLEEDING**

Some bleeding or redness in the saliva is normal for up to 24 hours. If excessive bleeding occurs (your mouth rapidly fills with blood), it can be controlled by biting down on a gauze pad placed directly on the bleeding site for 30 minutes. If bleeding persists, please call for further instructions.

### **SWELLING**

Swelling is a common response after surgery. To reduce swelling, apply an ice pack, or a plastic bag or towel filled with ice, to the cheek in the area of the surgery. Apply the ice for 20 minutes on and 20 minutes off as much as possible during the first 36 hours.

### **DIET**

Drink plenty of fluids and avoid hot liquids or food. On the day of surgery, stick to soft foods and liquids. Return to your normal diet as soon as possible, unless otherwise instructed.

### **PAIN**

You should begin taking pain medication as soon as you feel the local anesthetic wearing off.

#### Moderate Pain

Take Either: 1 tablets of extra strength Tylenol® (500mg) every 6 hours

**OR**

2-3 tablets of Ibuprofen (400mg-600mg) every 6 hours

#### Severe Pain

Take Both: 1 tablets of extra strength Tylenol® (500mg) every 6 hours

**AND**

2-3 tablets of Ibuprofen (400mg-600mg) every 6 hours

Do not take any of these medications if you are allergic or have been instructed by your doctor not to use them.

### **ORAL HYGIENE**

The following instructions help ensure optimal oral hygiene for proper healing after surgery:

- **Medicated Mouth Rinse:** If prescribed by Dr. Rice, begin using the medicated rinse on the night of the surgery as directed. The day after surgery, use it 2–3 times a day. Be sure to rinse for at least 30 seconds before spitting it out.
- **Salt Water Rinses:** Mix one teaspoon of salt in a cup of warm water. Use this rinse at least 4–5 times a day, especially after meals. It helps with soothing and cleaning the surgical area.
- **Brushing:** Be gentle when brushing the surgical areas to avoid disturbing the healing process. If healing abutments have been placed, brushing your teeth around them is not an issue, but do so gently.

### **WEARING YOUR PROSTHESIS**

After surgery, it is generally advised not to use partial dentures, flippers, or full dentures right away. However, each patient's situation is unique. It is important to follow the specific guidance provided by Dr. Rice regarding the use of any dental prosthetics based on your individual case. Their instructions will ensure the best outcome and support proper healing.