



Call: 406-656-6100
Toll Free: 877-325-6100

Post-Operative Instructions for Implants

Bleeding:

It's normal to have light bleeding for 24 hours. Do not spit or rinse excessively or engage in physical activity since this stimulates bleeding. Some oozing could last up to 24 hours. **Please Note:** If heavy bleeding persists, place a clean folded gauze pad over the surgery site and maintain pressure until the bleeding stops. In rare cases, a tea bag (tannic acid) may be used to encourage clotting (regular, not herbal tea). Call us if bleeding doesn't stop or it is heavy for too long. Keep your head elevated when resting.

Swelling:

This is normal following a surgical procedure in the mouth. It should reach its maximum in 48 hours and then diminish by the fifth post-operative day. The use of Ibuprofen is helpful. Please follow instructions on bottle. Place ice or cold compresses on the face in the region of the surgery for ten minutes every half-hour for the first 8 - 12 hours. Ice is only effective on the day of surgery.

Discomfort:

The most discomfort that you will experience will occur when the anesthetic wears off - usually 1-2 hours after surgery. **DO NOT** remove your denture. If a long-acting anesthetic was used, you may be numb for much longer than normal. Do not wait for the pain to become severe before taking the medications since the medicine will require about 30-45 minutes to take effect. Pain will gradually diminish over the next few days.

Smoking:

If you smoke, avoid smoking during the first week after surgery. Smoking inhibits the healing process.

Diet:

A nutritious liquid diet is necessary for the first day. Hard foods eaten while you are numb can dislodge the gums that were lifted up and then sutured in place. When the numbness wears off, you can gradually progress to harder foods. You may take up to 1500 mg. of Vitamin C per day. Drink lots of liquids. No alcoholic beverages while taking medications.

Activity:

For the first 24-48 hours you should rest. Patients who have sedation should refrain from driving an automobile or engaging in any task that requires alertness for the next 24-hours.

(over)



Starting the Day After Surgery:

1. Brush teeth but avoid the surgery area. As healing takes place, you can gradually brush the implants with a soft toothbrush. Soften the bristles by placing them under hot water.
2. 24-hours after implant placement, use warm salt water as a mouth rinse 3-5 times per day for 5-7 days after surgery. (1 tsp salt in a glass of warm water)
3. If antibiotics are prescribed, be sure to take them as directed. Note: They can render birth control pills ineffective.
4. We generally use self-absorbing sutures (stitches) that do not need to be removed. Occasionally, the doctor will recommend a follow-up office visit five to seven days after surgery. This also allows us to address any problems, prevent unnecessary pain, and ensure rapid healing.
5. Don't chew hard (even on hard crust of bread or on ice) for 4-6 weeks after having implants placed or participate in sports where you may be hit in the jaw.
6. Use the prescribed oral rinse until gone.

Contact the Doctor If:

1. Bleeding is excessive and cannot be controlled.
2. Discomfort is poorly controlled.
3. Swelling is excessive, spreading or continuing to enlarge after 48-hours
4. Allergies or other reactions to medications occur.
5. If numbness persist after initial day of surgery.

If any problems or questions do arise, please feel free to call the office at **406-656-6100**

Post-Operative Instructions for Implants is also available on our website at **www.BrewerDentalCenter.com**.