

Meadowbrook Dental Centre

Dr. Scott Peterson

POST-SURGICAL INSTRUCTIONS FOR DENTAL IMPLANTS

1. **Gauze Pressure Pack:** Immediately following the procedure, you will be given a gauze pressure pack. If there is any bleeding, please bite firmly on the gauze for a minimum of 20 minutes and then discard it.
2. **Discomfort and Prescriptions:** Minimal to moderate discomfort can be anticipated for the first few days and can be controlled by taking the prescription medication. The antibiotics should be taken until they are completely finished. We recommend Ibuprofen 600 mg every 4 hours for 2 days, then as needed for pain control.
3. **Swelling:** Some swelling is not unusual. It can peak between 1-3 days. Apply ice to the outside of the face “10 minutes on, 10 minutes off” for the first 24 hours. After the first day, moist heat can be applied for several hours each day. If there is extensive swelling that makes swallowing or breathing difficult, or swelling that seems to be spreading down your neck, contact the dental clinic immediately.
4. **Bleeding:** Do not be alarmed if you notice bloodstains in the saliva. If there is considerable bleeding, first cleanse your mouth and remove any blood clots, then apply a gauze pad or moist tea bag to the area for 30 to 60 minutes with firm constant pressure. It will be helpful to keep your head elevated with 2 or 3 pillows, and also, to avoid excessive exercise for 3 days.
5. **Dentures:** If you have a denture that seats on the implant area, you will be wearing it after the surgery to act as a compression bandage. *Leave the denture in for the first night only, unless it bothers you then remove it.*
6. **Diet-Rinsing-Alcohol-Smoking:** Do not vigorously rinse, or consume very hot liquids, for the first 24 hours. Alcohol may cause bleeding and should be minimized or preferably avoided for the first few weeks. Smoking may also affect the healing process and should also be avoided or reduced as much as possible during the first weeks. Avoid eating directly on the surgical area for the first few days and avoid vigorously chewing for the first few weeks. Rinse 3 – 4 times daily with the provided Chlorhexidine Gluconate Oral Rinse. Continue rinses for 2 weeks. Salt-water rinses can be used in addition.
7. **Plaque Control:** During the first week, brush your teeth as usual, but avoid the surgical area.
8. **After Suture Removal:** Continue to cleanse your teeth as usual and to gently cleanse the surgical area. Avoid chewing directly on the surgical area for the first few weeks. For denture wearers, avoid firm chewing on the surgical area for the first few weeks.

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