

DENTAL IMPLANTS AND BONE GRAFTING POST-OPERATIVE INSTRUCTIONS

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, if you have a question, follow these guidelines or call our office for clarification. Our number is: 785-829-8200

Brushing and Flossing. Begin brushing and flossing the areas not operated on the day following surgery. **AVOID THE SURGICAL SITES** until given specific brushing instructions at your postoperative visit. You may notice a white film over the surgical sites. This is completely normal. **DO NOT** use an electric toothbrush such as Sonicare or Oral-B Braun, or a Waterpik for 6 weeks postoperatively in the area of surgery.

Salt Water Rinses Beginning the day after surgery, rinse gently with salt water (1 teaspoon in large glass or 1 tablespoon/qt) after eating, 5 to 6 times in a day. **DO NOT** use commercial mouth rinses, until instructed otherwise by the doctor.

Dentures Partial denture/full denture(s) can be worn as instructed by doctor. They may need to be trimmed if grafting was performed to avoid undesirable pressure on the area.

Periodontal Dressing A periodontal dressing (pack) may have been placed over the surgical site. It must not be disturbed until healing is nearly complete. Exaggerated movement of the jaws (talking, laughing, yawning, vigorous chewing, etc.) must be avoided during the first 24 hours after surgery, so that a strong blood clot is permitted to form, insuring better healing. Occasional blood stains in the saliva may be expected. Approximately 14 to 28 days after your surgical appointment, the dressing as well as any sutures will be removed.

Diet Eat any nourishing foods that can be taken with comfort. It is advisable to confine the first few days' food intake to bland liquids, or soft textured foods. Avoid chewing in the area of surgery for 2 weeks or until given clearance by your doctor. Over the next several days you may progress to more solid foods. Proper nourishment aids in the healing process. Do not drink alcohol for 24 hours after surgery or while taking pain medications. If bone grafting was performed, avoid citrus and carbonated beverages until given clearance by your doctor.

Food Suggestions While you are numb, avoid hot drinks and food. You may have liquid and mushy, soft textured foods, such as slushies, apple sauce, Jell-O, pudding, cottage cheese, yogurt, soups, mashed potatoes, oatmeal, scrambled eggs, soft pasta, etc.

Activities Plan to rest at home the remainder of the day of surgery. When sleeping, elevate your head slightly above your heart to decrease swelling. You may return to your regular schedule 24 hours after surgery, but avoid strenuous activities such as heavy lifting, jogging, exercise programs, etc. for 3-5 days following surgery.

Bone Grafts If maxillary sinus grafting was performed, please avoid strenuous exercise, nose blowing, closed mouth sneezing, or sucking through a straw for 2 weeks. You should also avoid citrus products and chewing on all bone graft areas for at least 3-6 weeks or until given clearance by your doctor.

Medications Never take pain medication on an empty stomach. This medication may be repeated every three to four hours as needed for discomfort. Taking Ibuprofen (200mg/50 lbs. of weight) four times a day can improve your pain control and decrease your swelling. Take prescribed antibiotics as directed until completely finished.

Mouthwash Chlorhexidine (Peridex), if prescribed, rinse twice daily beginning the morning after surgery until instructed to discontinue.

Swelling Some swelling usually occurs after surgery. To minimize this, you will be advised to use ice packs and keep your head elevated. Place the ice pack on the outside of your face, over the treated area, for 20 minutes, and then take it out for 20 minutes. Continue to apply ice packs as much as possible for the first 48 hours after surgery. On the third day you may want to start the use of the moist heat. Keep your head elevated slightly, above your heart for as long as swelling is present.

Bleeding Slight bleeding or oozing is normal during the first 1-2 days following surgery. If excessive bleeding occurs, please call our office.

Smoking - DO NOT SMOKE for at least 3 weeks before and 6 weeks after surgery. Smoking is detrimental to healing tissues and can adversely affect the success of the surgery. If you can stop smoking for 6 weeks postoperatively, you may as well quit all together.

Sutures If sutures are present when you return for your postoperative visit in 2-4 weeks, they will be removed at that time.

It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime: 785-829-8200