

## Post-Operative Instructions Following Dental Implant Surgery

### **Right after surgery, you should:**

- Avoid rinsing, spitting, drinking from a straw, or using any tobacco products. These can all diminish your blood's clotting ability and cause excess bleeding.
- NOT eat hot, spicy, or hard to chew foods.
- Drink plenty of water.
- Maintain a soft food diet for the first few days.

### **Pain, Swelling, Bruising, and Discomfort**

- It is very normal for a patient to experience pain, swelling, and bruising following implant surgery.
- To help lessen this, a patient should avoid strenuous work or play.
- Rest and sleep in an inclined position with your head elevated.
- An ice pack used in 10-minute intervals can help control any pain or swelling.
- Ice packs should only be used in the first 48 hours after surgery.

### **Do not blow your nose!**

- If you have had implants place toward the back of your upper jaw, or if you have undergone a sinus lift in addition to this, DO NOT blow your nose for at least two weeks.
- If you develop a runny or stuffy nose, use an OTC cold medication to manage it.
- If you usually snore, be sure to sleep with your head in an elevated position.

### **Brushing and Rinsing**

- When brushing, only clean your natural teeth right after surgery.
- Do not brush near the surgical site until instructed (more on this below).
- Instead of using regular toothpaste, be sure to coat your brush with your prescription mouthwash.
- After brushing with the mouthwash, gently rinse your mouth with it.
- This brushing/rinsing cycle should occur at least 3 times a day.
- You should start using your prescription mouthwash 5 days after your surgery and do so for only a week.
- After the first week, use a small amount of the mouthwash on either your toothbrush or a Q-tip to clean around the surgical site. This will help minimize the staining of your teeth and reduce the effects on your taste buds.

### **Medications**

- You will have 3 different medications after implant surgery: a pain reliever, an antibiotic, and a prescription mouthwash. Use all 3 as instructed by your doctor to ensure the best results and an easy recovery.

- Try to maintain a healthy diet while using these medications.
- Contact our office if the pain medication is not working or you need more.
- If any of the medications have negative side effects, such as nausea, vomiting, or a rash, stop taking it and give our office a call.

## **Bleeding**

- Most patients will experience some kind of bleeding after implant surgery for the first few hours.
- Do NOT try to stop the bleeding by rinsing your mouth. This can make it worse.
- To control any bleeding, apply gauze to the area and gently bite down on it for about 15 minutes.

## **Post-Operative Visit**

- Dr. Farian will schedule a follow-up visit within the first two weeks following surgery. During this appointment, he will remove the sutures and check to see that you are healing correctly.

## **Smoking**

- Do NOT smoke or use any other kind of tobacco product while healing from surgery, as this can slow the process and increase post-operative pain.

## **Other Things to Keep in Mind**

- A hot feeling in the jaw that will not go away could indicate an infection.
- If an implant is able to move within your mouth or wiggle, be sure to give us a call.
- The porcelain restorations used with dental implants are very hard and do not absorb the shock caused by chewing very well, so this may cause some pain and tenderness in the mouth while a patient adjusts.

## **Contact Number**

If you ever have questions or experience any type of problem, don't hesitate to **contact Farian Dental Care** at (440) 526-9100.