

After Dental Implant Surgery

After dental implant surgery, do not disturb the wound. Avoid rinsing and spitting. Do not touch the wound on the day of surgery. There will be a metal healing abutment protruding through the gingival tissue. Bleeding and redness in the saliva is normal for the first 24 hours. Excessive bleeding can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. Please contact your surgeon's office if excessive bleeding continues. Swelling is also normal after surgery. Apply ice continuously, as much as possible, during the first 36 hours following surgery.

Take the prescribed pain medications as soon as you begin to feel discomfort which will likely occur as the local anesthetic wears off. For moderate pain, you may take one or two acetaminophen such as Tylenol or Extra Strength Tylenol. Ibuprofen, such as Advil or Motrin, may be taken instead of acetaminophen. Two or three tablets may be taken every three to four hours as needed for pain. For severe pain, prescription medication should be taken as advised.

Drink plenty of fluids. Soft foods and liquids can be eaten on the day of your surgery. Avoid hot food and hot liquids.

Oral hygiene is essential to good healing. The night following surgery, use the prescribed Peridex or Peroguard Oral Rinse before bed. The day following surgery, use the rinse after breakfast and again at bedtime. Rinse for 30 seconds and spit. Warm salt-water rinses, a mixture of one teaspoon of salt with one cup of warm water, should be used four to five times per day. You may brush your teeth and the healing abutment, but use care initially when brushing the surgical areas.

Immediately following surgery, exercise should be kept to a minimum. Throbbing and bleeding may occur during physical activity. Stop if this occurs.

For at least ten days following surgery, do not wear your prosthesis, including flippers, partial and full dentures.