

SMILEORA DENTAL CARE
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POST OPERATIVE INSTRUCTIONS FOR SURGICAL IMPLANTS

After an Implant, it is important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 to 45 minutes after the Implant is inserted. If bleeding or oozing continues after you remove the gauze pad, place another gauze pad and bite firmly for another thirty minutes. You may have to do this several times. After the blood clot forms it is important to protect it especially for the next 24 hours.

DO NOT

- Do not smoke
- Do not suck through a straw
- Do not rinse your mouth vigorously
- Do not brush the implant site for 2-3 days
- Do not bite anything hard at implant site
- Do not put any pressure on the implant or healing cap with your tongue
- These activities will dislodge the clot and slow down healing. Limit yourself to calm activities for the first 24 hours, this keeps your blood pressure lower, reduces bleeding and helps the healing process.
- After the implant is in you may feel some pain and have some swelling. You can use an ice bag to keep this to a minimum. The swelling usually starts to go down after 48 hours.
- Use pain medication only as directed, call the office if it does not seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone. Drink lots of fluid and eat only soft nutritious foods for 48 hours. Don't use alcoholic beverages and avoid hot and spicy foods. You can begin eating normally after 48 hours.
- Do not chew for at least 3-4 hours.
- Gently rinse your mouth with saltwater three times a day beginning the day after the implant insertion (a tsp. of salt in a cup of warm water, rinse-swish-spit). Also, rinse gently after meals, it helps keep food out of the implant site. It is very important to resume your normal dental routine after 48 hours. This should include brushing your teeth and tongue and flossing at least once a day. This speeds healing and helps keep your breath and mouth fresh. If you have any type of denture, do not wear it for 48 hours unless absolutely necessary.

What to do to keep the swelling down:

Apply an ice bag to your face on the side of the surgery, 20 minutes on, 20 minutes off for the first 8 to 12 hours. After 48 hours you may hold a warm compress (a warm, damp towel) or a hot water bottle to the swollen area. Do this for 20 minutes on, 20 minutes off, for 3 to 4 hours. It will help to ease the swelling and make your jaw muscles less sore. Wrap the hot water bottle in a towel to avoid burning your face. Sleep with the head of your head elevated. Use two or three pillows to decrease swelling and or bleeding.

Sinus Lift

If you had a sinus lift surgical procedure you may experience symptoms that include, nose bleeding and black and blue under the eyes. Avoid blowing your nose and sneeze with your mouth open to avoid pressure. Call 860-265-7890 right away if you have heavy bleeding, severe pain, unusual swelling or any other complications, or a reaction to the medication.

Signs of infection may include the following and must be reported to the doctor,

- Fever above 101 degrees Fahrenheit
- Persistent pain not relieved by medication
- Bad smell coming from your mouth

Allergic and subnormal reactions to the medication used are very rare. However, make sure you call the office if you feel something is not right.

After a few days you will be feeling fine and can resume your normal activities. Please feel free to call 860-265-7890 with any questions or concerns. If the office is closed, please call Dr. Mehta at 860-265-7890, Option 3