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POST OPERATIVE INSTRUCTIONS FOR YOUR IMPLANT SURGERY

Our office has prepared this list of instructions to minimize the complications and to make the healing process as successful and comfortable as possible. As always, anything that is unclear to you or that you would like explained in greater detail feel free to ask the staff or one of the doctors. We want you to be as comfortable as possible.

Discomfort and Pain: We usually prescribe 2 different medications one narcotic and one non-narcotic. We recommend that you take the non-narcotic (Ibuprofen, 800mg every 6 hours) for the first 2 days to reduce the swelling. The non-narcotic medications should not impair your judgment or ability to drive. We recommend that the narcotic medications only be taken when you **do not** need to drive and be active. You should not drive if you do not feel up to it.

Antibiotic Prophylaxis: Continue to take medications especially the antibiotic (Amoxicillin, Clindamycin, etc.) as prescribed. Sometimes a decongestant such as Sudaphed PE may also be used during the healing phase.

Swelling and Ice: Ice will help minimize the swelling if used during the first day for 20 min on and 20 off. If you notice any increase in pain or swelling contact the office immediately. If you feel that the swelling is making it difficult to breathe or swallow, and you are unable to contact anyone at the office, seek immediate medical attention at an emergency room. This is rare but could happen.

Cleaning the area: Some dental implants are covered by gum tissue and some are left exposed. Rinse the area with the prescription mouthwash the day of and the day after surgery. The third day you can begin brushing the area, if comfort permits, using the mouth rinse each time after brushing (at least 2 times a day). Be very gentle with the area and if you experience any pain, use less pressure. You do not want to displace any of the tissue in the area. Some bone graft particles may come out, this is to be expected, and is no cause for concern.

Diet: Try to eat on the other side from the surgical area. Do not eat crunchy or hard foods, and try to avoid spicy foods as they may cause burning.

Bleeding: Sometimes there may be bleeding or oozing that comes from the surgical area or from the donor (roof of the mouth) area. Often a small amount of blood will mix with saliva or spit and look like a lot of blood. Do not be alarmed. If you notice a significant amount of bleeding (active bleeding or pulsating blood) follow these steps:

- Apply moist gauze to the area and apply direct pressure for 10 minutes. If the area is an extraction site you can bite together over the gauze.
- If that does not work apply a moistened tea bag to the area for 5 minutes
- If the area does not improve contact the doctor as soon as possible at one of the numbers listed below. If you are unable to contact one of the doctors and you feel that the bleeding is significant seek immediate medical attention.

Bruising: It is not uncommon for bruising to occur in these areas after surgery.

Bone Grafting: We will often place a bone grafting material for adequate support of the implant. This material will sometimes become dislodged and go into the mouth presenting as a sandy material. This is not uncommon and is just usually the extra material from the area. We often may use a membrane or barrier to cover the area and promote healing of the bone graft (it is normal for the membrane to puff up and look strange – don't let this alarm you). If some of the area becomes exposed it is not an issue. If you feel there is an infection, call the office as soon as possible.

Sinus Lift (Augmentation): Try not to blow your nose as it may disrupt the graft. Sleeping slightly elevated with 2-3 pillows or in a recliner should decrease the congestion, which is not uncommon after this procedure. Nosebleeds do happen, but are not common, and you should not be alarmed unless it continues for more than 10 minutes. Your drainage should be clear but may have a small amount of color to it. Sometimes graft materials may come out which feel like sand, and are white - this is not cause for alarm. If you have any uncommon drainage, swelling, temperature (greater than 100° F), or feel that you may have an infection, please contact the office immediately.

If you have any questions, any one of the doctors or members of the staff can answer your questions for you. We want to provide the best service for you in our office. The office phone number is 979-822-3641.