

AFTER DENTAL IMPLANT PLACEMENT (AND POSSIBLE BONEGRAFT)

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. In certain cases, there will be a metal healing abutment protruding through the gingival (gum) tissue. Do not drink through a straw for the first 24 hours. Smoking will delay or disrupt normal healing. Smoking should be avoided for 2-3 days following surgery and for at least a week if a bone graft has been performed.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, call the office.

Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. It is not uncommon for swelling to become apparent in the 2-3 days following surgery. Swelling can be minimized by the immediate use of ice packs. Use the ice packs 20 minutes on, 20 minutes off or alternate from side to side every twenty minutes. After 24 hours, ice has no beneficial effect. 24 hours following surgery the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling. Heat enhances blood circulation and helps muscles to relax, reducing stiffness and increasing mobility. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery.

CAUTION : wrap ice packs/hot compresses in a towel before applying to the affected area to protect your skin.

Pain and antibiotics

Take the pain medication BEFORE you first notice discomfort (before the anaesthesia wears off). DO NOT WAIT for the pain to become severe. Remember that the analgesic will help you tolerate the pain, not eliminate it ! Take the medication as directed on the label. Avoid consuming alcohol while taking the pain medication. NAUSEA is a common side effect of the pain medication but can be controlled if you eat something before taking the pain medication.

Be sure to take the prescribed antibiotics as directed to help prevent infection. Be sure to finish ALL the tablets.

Stitches and membrane

You will have several stitches placed at the bone graft site. The stitches will cause a pulling of your tissue over the bone graft site. DO NOT pull your lips or cheek to show or examine the area. The undue pressure will cause the stitches to widen away from the surgical site, expose bone, create more pain and delay healing. A protective membrane is placed over the stitches. The membrane will begin to flake off during the healing period. NO damage will occur without the membrane.

You will need to return to the office in 7-10 days for a post op – we will check the healing and remove the stitches.

Oral Hygiene

Good oral hygiene is essential to good healing. After the first 24 hours, warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. You can brush in every area where there has not been a bone graft. DO NOT use mouthwash! If a bone graft was not performed, it is safe to brush the healing abutment.

Diet

Try to maintain a good balanced diet as this will promote fast healing. You should also continue your usual vitamin supplements. Choose foods that are high in protein and carbohydrates such as eggs, yoghurt, mashed potatoes and rice. AVOID anything that is too large, too hot, too spicy or too sticky. Your food should be tepid or on the cool side. Avoid eating on the treated side.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising.

If you have any questions, or in the case of severe pain, excessive swelling, bleeding or fever, please call Dr. Brown (work 416.922.9040 ; after hours 416.993.1506) or email : smile@drlbrown.com