



Implant Post Operative Care

Implants heal best when left undisturbed and are kept clean by using a combination of antibiotic use and oral rinses. A portion of the implant will typically be seen protruding through the gum tissue. This is referred to as a healing abutment. Stitches will commonly be used and will either dissolve on their own or need to be removed at the 2-week follow-up.

Bleeding

Some bleeding or redness in the saliva is normal for 24- 48 hours. Excessive bleeding is uncommon but can normally be controlled by applying gauze pressure directly to the implant site. If bleeding continues or seems concerning, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply a cold compress or a plastic bag filled with ice to the outside of the affected area. A regimen of 20 minutes on then 20 minutes off for 24-72 hours is optimal for swelling and inflammation reduction.

Diet

Immediately following surgery hydration is one of the most important things to consider, especially if you have been fasting before IV sedation. For the next 2 weeks, we advise not to chew or put excessive pressure onto the implant abutment or surrounding tissue. A soft diet for 24-72 hours is best with slow progression to a normal diet.

Pain

Begin taking pain medication as soon as you feel the local anesthetic wearing off.

For moderate pain:

- Advil or Motrin (Ibuprofen) is the medication of choice for pain control after surgery. Ibuprofen purchased over the counter is available in 200mg tablets. 3-4 tablets may be taken every 6-8 hours as needed for pain. Do not exceed 3200mg in a 24 hr period.
- If more pain medication is needed, 1 or 2 Tylenol or Extra-Strength Tylenol (Acetaminophen) may be taken every 4-6 hours. This may be alternated in addition to Ibuprofen. Do not exceed 4000mg in a 24 hour period.
- Do not take Tylenol if you are taking a prescribed pain medication that includes Tylenol (e.g. Vicodin, Percocet, Lortab)
- Please check with your pharmacist if you have any questions regarding Tylenol content in your prescribed pain medication.

For severe pain:

If a narcotic pain medication is prescribed it should be taken as directed only after trying Ibuprofen first.

Do not take any of the above medication if you are allergic to it or have been instructed by your doctor not to take it.

Antibiotics

It is important to take the prescribed antibiotics as instructed to help prevent infection or potential early failure of the implant.

Discontinue antibiotic use in the event of a rash or other perceived allergic reaction. Please call the office to notify us if this should happen.

Women prescribed oral contraceptives should be cautioned to use an additional means of contraception if taking an antibiotic after surgery. If you have any concerns please contact your primary care doctor or OB/GYN doctor.

Oral Hygiene

Good oral hygiene is essential to the overall health of the surrounding gum tissue and optimal healing of the implant site. The prescribed oral rinse should be used twice daily to prevent plaque and bacteria buildup around the implant abutment and incision. It is ok and strongly recommended to resume normal brushing the following day. Please be careful not to brush the implant site or the adjacent teeth as the antibiotics and oral rinse will be adequate for hygiene purposes.

Activity

Keep physical activity to a minimum for 24 hours following surgery. It is also suggested to refrain from strenuous cardiovascular or weight training for up to 72 hours immediately following implant surgery. Such activities can cause an increase in bleeding or pain and delay your recovery.

Dental Prosthesis

If you have a dental prosthesis (flipper, partial or denture) that was made prior to the implant surgery we will give you specific instructions on immediate use after surgery. In most situations it will be acceptable to continue wearing this prosthesis, but some minor modifications may be required. These modifications can typically be made by our team on the day of surgery or at your two week follow-up. We recommend removing the prosthesis either during the day or at night for a minimum of 8 hours to allow for tissue healing and minimize plaque buildup.

Bone Grafting

Bone grafting is a supplemental procedure that is often performed at the time of initial extraction or after an extraction that was already performed. The need for this procedure is a result of our bodies natural degradation and breakdown of the bone that supports a tooth. A bone graft is meant to either rebuild the atrophied bone or stabilize it at the time of initial extraction surgery.

To ensure proper recovery, bone grafts require more hygiene care than a typical extraction and antibiotic use becomes very important for optimal healing. Please gently rinse with the prescribed oral rinse twice daily for 2-3 weeks post-surgery. It is recommended to continue with brushing and flossing but please do not brush the surgical site until given further instructions to do so. On average, brushing of the surrounding tissues and teeth can be resumed in 4 weeks. If food or other debris needs to be removed either gently rinse with salt water or the prescribed rinse. To make salt water rinse: Mix 1 cup warm water plus 1 teaspoon salt. A Qtip dipped in the prescribed rinse is also an effective method of gently cleaning the site. Please try to be consistent with antibiotic use and finish the prescription as directed. If you have questions or concerns about being able to finish antibiotic, please contact our office for further instruction.