

SMOKING

Smoking will significantly reduce the success rate of implants. It can compromise the esthetics of your final crown(s) and accelerate gum recession resulting in parts of the metal being visible in the mouth. It can also prolong or worsen post-operative discomfort. Absolute abstinence is recommended for at least 2 weeks following the surgery if not indefinitely.

SINUS INSTRUCTIONS

In some instances, sinus congestion or stuffiness may develop following oral surgery. In order to prevent the development of communication between the sinus and the mouth, please follow these instructions:

1. Use a mild decongestant or antihistamine if considerable congestion or post-nasal drip occurs.
2. **DO NOT** blow your nose for 2 weeks following surgery
3. **DO NOT** stifle a sneeze. If you must sneeze, do so through your mouth and NOT your nose in order to minimize air pressure in the sinuses.
4. Take prescribed medications as directed.
5. Call the office with any questions regarding the above.
6. Possible bloody nose for 24 hours

QUESTIONS?

Please do not hesitate to contact our office to speak with one of our assistants or your surgeon directly. There is a surgeon on-call 24 hours a day, seven days a week.

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SANTA MONICA CENTER
for Oral Surgery & Dental Implants

POST- OPERATIVE IMPLANT CARE GUIDE

YOUR POST-OP APPOINTMENT

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COMMON POST-OPERATIVE CONDITIONS

- Difficulty opening the mouth due to muscle tightness and swelling.
- Discoloration or bruising of the skin.
- Numbness around the corners of the mouth, lip, or chin.
- Sore throat with difficulty swallowing.
- Slight earache or aching in other teeth.
- Dryness or chapping of the corners of the mouth, which may be treated with lip balms such as Vaseline or Neosporin ointment.
- A slight temperature elevation (up to 1.5 degrees above normal) for a few days.
- Nausea may be related to pain medication or swallowing blood. Discontinuing the prescription medication or reducing the amount taken to ½ or ¼ tablet may help.
- Small fragments of bone may occasionally loosen and become exposed through the gum. These usually work out on their own, but if concerned, return to the office for evaluation.

REMOVABLE APPLIANCES

If you are instructed to wear your removable appliance (full or partial dentures, plates, false teeth, flipper), it is important that you keep the appliance in your mouth **continuously** for 72 hours to keep the swelling under control. Even leaving it out for 30 minutes during the first three days may result in enough swelling to prevent comfortable fitting of the appliance. You may remove it briefly during the first three days to clean it under running water.

DISCOMFORT

Swelling after surgery is expected and usually increases slowly reaching its peak in about 48 hours. To minimize swelling, pain, and discomfort, apply cold ice packs over the area of surgery. Icing the surgical area should be alternating between 20 minutes on and 20 minutes off. In addition, take 600 mg Ibuprofen (3 Advil tablets or 3 Motrin tablets available OTC) every 6 hours for the first two to three days following surgery. **Do not take ibuprofen if allergic to Aspirin or Aleve, or if instructed by your physician.** You may still take the prescribed pain medication as directed, in addition to OTC pain medication if the pain is severe. Aspirin is not recommended for pain due to its blood-thinning effect. If you are unable to take ibuprofen, you may substitute it with two Extra Strength Tylenol every 6 hours. Tylenol should not be combined with narcotic pain medication (i.e. Percocet, Vicodin, Norco, etc.) to prevent potential liver damage.

BLEEDING

It is not unusual to have minor, persistent or intermittent bleeding for up to 48 hours following the implant surgery. Avoid excessive rinsing of the mouth and bite firmly on a gauze sponge placed directly over the surgical site for 15 minutes, repeating as necessary. A caffeinated tea bag moistened in warm water may be used in the same manner should the oozing continue.

ORAL HYGIENE

You may gently brush your teeth the following morning after surgery. Avoid using an electrical toothbrush on the site until the final crown is placed by your dentist, as the vibration of the toothbrush can loosen the implant healing abutment. Rinse your mouth with warm salt water (1 tsp. of salt in an 8 oz. glass of water) 3-4 times a day for the first week to keep the surgical area clean. Flossing should be avoided around the surgical area for the first two weeks after surgery.

DIET & EXERCISE

As long as you are careful to keep the food away from the surgical site, there are no dietary restrictions. You may eat after surgery as soon as the numbness wears off. Do not chew any food in the surgical area for at least 2 weeks until the gums are healed around the implant(s). **However, if you have a temporary tooth placed, avoid chewing on it until a final crown is placed by your dentist (usually 4 -6 months).** To minimize inflammation (swelling) around the surgical site, **avoid strenuous activity for the first 3 –5 days following surgery.**

Foods to AVOID:

- Spicy foods
- Crunchy foods
- Food HOT in temperature
- Popcorn
- Pretzels
- Alcoholic Beverages
- Seeds

Suggested Soft Foods:

Gatorade/Powerade, Jell-O, Applesauce, High Protein Milkshakes
Fruit Smoothies, Ice Cream, Yogurt, Oatmeal, Cottage Cheese, Juices, Eggs (soft scrambled), Bananas, Mashed Potatoes, Pudding, Soup (lukewarm), Tofu, Pureed Vegetables

NO SPITTING OR STRAW USE for the first 24 hours after surgery.