

ROGUE VALLEY IMPLANT CENTER™

Post-Operative Instructions

Please read the information below to help the healing process start out as successful as possible.

Today, the following procedures were performed:

Implant Placement:

Implants are placed with either tissue completely covering the surgical area or with a healing abutment that may stick above the gums slightly. It is important not to disturb or chew on this extension (healing abutment) of the implant during the initial healing. It can be gently brushed after the first few days of healing.

In some cases, a temporary tooth or teeth may be placed on the implants at the time of implant placement. These teeth are temporary teeth. They are intended to be more cosmetic than functional. **Please refrain from chewing on these teeth to allow for proper healing**, unless told otherwise by your doctor. If these teeth ever break or feel loose, please call the office immediately.

Bone Grafting:

Bone grafting may be accompanied by swelling, and some pain. These symptoms usually only last for 2-5 days. If they last longer, please contact the office. Be sure to avoid chewing around the surgical site. Do not touch or press the surgical area with your tongue or fingers. During the first 3 weeks of healing, it is extremely important that the area be undisturbed. Avoid brushing or using a Waterpik around the area for the first week of healing.

Extractions:

Extraction sites may lightly bleed for 1-2 days after surgery. Pain and swelling may be present for 2-5 days. If they last longer, please contact the office. Avoid brushing or using a Waterpik around the area for the first week of healing.

Sutures:

Sutures were placed to help the soft tissue heal faster. It is important to not “play” with the sutures, especially during the first week of healing. **Do not pull or tug on your sutures**. Your sutures are resorbable / non-resorbable. Resorbable sutures will come out on their own in 5-10 days. Non-resorbable sutures will be removed by the office at your post-op visit, usually 2 or 3 after surgery. If you have any concerns regarding your sutures, please call the office.

DIET

- Do not eat or drink anything spicy, hot (temperature), no carbonated drinks, no alcohol consumption or anything with citrus for 2 days.
- Eat soft, cold foods for the next 3-5 days.
- Drink plenty of fluids.
- Do not suck through a straw until you are seen for your post op appointment.
- Soft recommended foods: apple sauce, mashed potatoes, broth soup, pudding, soft noodles, protein shakes, ice cream, yogurt.
- Foods to avoid: chips, rice, chia seeds, strawberries, raspberries, hard nuts, crunchy foods, and citrus.
- Cut food into small pieces to make food easier to chew.
- No chewing for _____.

ACTIVITIES

- Do not drive, make important decisions, sign legal documents, or do any activities that require alertness, balance or coordination for the next 24 hours.
- You must be under the care of a mature adult for the next 24 hours.
- Sleep at a 45 degree angle for the first night. (Sleep in a comfy arm chair, or sleep upright in your bed, using several pillows to keep your head elevated.)
- Do not do any vigorous activities for the next 24 hours.

PAIN MANAGEMENT

- Take packets of 400 mg of Ibuprofen and 500 mg of Tylenol every 4 hours for the next 24 hours BY THE CLOCK, set an alarm for the middle of the night dosages. (for the first 24 hours, take pain medications as advised above even if you do not feel any pain.) After 24 hours, take pain medication as needed for pain.
- If prescribed, take packets of 10 mg Phenylephrine HCl and 25 mg Diphenhydramine at times written on packets until gone.

□ Take over the counter probiotics. (This will help prevent or reduce any side effects from antibiotic use such as diarrhea, nausea, or indigestion.)

□ Continue taking antibiotic until it is gone.

* Start your normal daily medication when you go home or when your doctor tells you to

WOUND CARE

□ Some bleeding is normal for the first 24 hours after surgery. Excessive bleeding (mouth fills rapidly with blood) should not occur. If you experience excessive bleeding, please call 911 or go to the emergency room.

□ Swelling and bruising are common and may not start for hours after the surgery. Use an ice pack (standard ice pack or bag of frozen peas, for example) for 4 continuous hours immediately after surgery and for 4 continuous hours the following day before noon.

□ Do not brush directly around site for first few days.

□ If prescribed, lightly rinse and soak area with Peridex.

□ No vigorous swishing or spitting.

□ Do not blow nose. Sneeze with mouth open with hands supporting cheek bones. Cough with your mouth open.

□ Call our office to report any nose bleeds, following surgery.

□ Wipe nasal secretions.

R.I.C.E.

Rest for the next few days. **Ice**, Use the ice pack. **Compression**, the ice pack helps compress the surgery area and promote effective healing.

Elevation, sleep with your head elevated the first night after surgery.

* If you are a smoker, DO NOT smoke for 72 HOURS after your surgery