

Instructions Following Implant Placement

Bleeding

A certain amount of bleeding is to be expected following oral surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Continuously bite on gauze for 45 minutes following the surgery. Do not remove the gauze to check for bleeding as this may dislodge a preliminary clot and lead to more bleeding. If you have good firm pressure the bleeding should stop within about 4 hours. If bleeding continues, bite on a moistened black tea bag for thirty minutes. The tannic acid in the tea bag promotes clotting. Try to keep your tongue away from the surgical site and sutures. Avoid exercise, heavy lifting, and bending over for 24 hours.

Pain

Take Ibuprofen 800mg every 6 hours. Begin the first dose as soon as possible after the surgery. Three hours later take the prescribed narcotic pain medicine. This medicine is also to be taken every 6 hours. Staggering the Ibuprofen and narcotic ensures the maximal pain coverage. Continue taking both medications for 48 hours. After 48 hours discontinue the narcotic, but continue to take the Ibuprofen every 6 hours. If pain coverage of the Ibuprofen alone is insufficient, resume the narcotic. Note that the narcotic contains Acetaminophen so do not take additional medications that contain Acetaminophen. Keep in mind also that taking these medications with food is helpful in reducing some side effects.

Swelling

Swelling of the face following oral surgery is normal. This is the body's normal reaction to surgery and eventual repair. Swelling may be minimized by the immediate use of ice packs. Apply ice 20 minutes on and 20 minutes off for 24 hours following your surgery. After 24 hours, discontinue the ice and begin applying warm packs (or heating pad on low setting). Swelling will usually reach its peak around the 3rd day following surgery.

Oral Hygiene

The evening of the surgery rinse gently with a cap full of Chlorhexidine. Starting the following day, rinse with Chlorhexidine three times a day. Continue this rinse until the sutures are removed, being careful to never forcefully spit. You may perform regular tooth brushing, but avoid disturbing the surgical site. After 4 weeks, you can start to gently brush the surgical site.

Diet

Delay any nicotine use for as long as possible following surgery (ideally 2 weeks). Nicotine is a powerful vasoconstrictor (causes decreased blood flow to small blood vessels) that will hinder proper healing.

For the first 48 hours, eat as soft a diet as possible (milkshake, smoothie, yogurt, pudding, applesauce, mashed potatoes, soups, etc.). After 48 hours, eat reasonably soft foods (pasta, pancakes, eggs, steamed vegetables, etc.), being careful to not chew directly on the surgical site. Avoid abrasive foods such as chips, popcorn, seeds and nuts for 2 weeks.

Questions/Concerns

Please contact the office at (803)782-0965 if you have any questions or concerns. After hours or on the weekends please do not hesitate to call Dr. Bryan Wingate directly at (803)730-9883.