

Berkshire Facial Surgery, Inc.  
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**INSTRUCTIONS FOLLOWING IMPLANT SURGERY**

**PLEASE READ THESE INSTRUCTIONS CAREFULLY.** Sometimes the after-effects of oral surgery are quite minimal, so not all of these instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office at any time for clarification.

**INSTRUCTIONS FOR THE DAY OF SURGERY**

**FIRST HOUR**

Bite down **gently** but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first 1/2 hour unless the bleeding is not being controlled. If active bleeding persists after a 1/2 hour, place enough new gauze to obtain pressure over the surgical site for another 30 - 60 minutes. The gauze may be changed as necessary and may be dampened and/or fluffed for more comfortable positioning.

**EXERCISE CARE**

Do not disturb the surgical area today. Do **NOT** rinse vigorously or probe the area with any objects or your fingers. You may brush your teeth gently, however, do not brush the teeth next to the surgical area. **DO NOT SMOKE** for at least 48 hours, since it is very detrimental to healing. Take it easy today. Do not do anything too strenuous.

**OOZING**

Intermittent bleeding or oozing is normal. It may be controlled by placing fresh gauze over the surgical areas and biting down firmly for 30 - 60 minutes.

**STEADY BLEEDING**

Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning fresh packs. If bleeding persists or becomes heavy you may **substitute a tea bag** (soaked in hot water, squeezed damp-dry and wrapped in moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

**SWELLING**

Often there is some swelling associated with oral surgery. You can minimize this by using a cold ice pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 12 to 24 hours after surgery. After 24 hours, it is usually best to switch from ice to moist heat to the same areas. Also, sleep with your head slightly elevated the first two nights following surgery.

**PAIN**

Unfortunately most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medication, and if you take the first pill before the anesthetic has worn off, you will be able to manage any discomfort better. Effects of pain medicines vary widely among individuals. **If you do not achieve adequate relief**, you may supplement each pill with an analgesic such as Ibuprofen or acetaminophen. Some people may even require two of the pain pills at one time during early stages (but that may add to the risk of upset stomach). Remember that the most severe discomfort is usually within the first six hours after the anesthetic wears off, after that your need for medicine should lessen.

**NAUSEA**

Nausea is not an uncommon event after surgery, and it is sometimes caused by stronger pain medicines. Nausea may be reduced by preceding each pill with a small amount of soft food, then taking the pill with a large volume of water. Try to keep taking clear fluids and minimize the pain medication, but call us if you do not feel better or if repeated vomiting is a problem. Cola drinks that have less carbonation may help with nausea.

**DIET**

Eat any nourishing food that can be taken with comfort. Temperature of the food doesn't matter, but avoid extremely hot foods. It is sometimes advisable, but not required, to confine the first day's intake to bland liquids or pureed foods (creamed soups, puddings, yogurt, milk shakes, etc.). Avoid foods like nuts, sunflower seeds, popcorn, etc., that may get lodged in the surgical areas. Over the next several days you can progress to solid foods at your own pace. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule.

### INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

#### MOUTH RINSES

Keeping your mouth clean after surgery is essential. Use Peridex Oral Rinse twice a day for 3 weeks starting the day after surgery.

#### BRUSHING

You may gently brush this area. Be careful to clean the teeth but **do not** scrub vigorously on the tissues. The mouth rinse will effectively remove bacteria from the surgical area. After 3 weeks, it is okay to brush the healing screw as you would any other tooth.

#### HOT APPLICATIONS

Apply warm compresses to the skin overlying areas of swelling (hot water bottle, moist hot towels, heating pad) for 20 minutes on and 20 minutes off to help soothe those tender areas. This will also help decrease swelling and stiffness.

#### IMPLANT MAINTENANCE

After 3 weeks, the healing screw, and later the implant itself, can be brushed like any other tooth. However, absolutely no eating pressure should be applied to the implant during the healing phase:

- 6 weeks
- 3 months
- 4 months
- 6 months

If you have an oral hygiene appointment (dental cleaning) with your dentist before the implant has been completely restored, please advise the hygienist not to clean the healing cap/implant with anything other than a toothbrush.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try to call during office hours, however a 24-hour paging service is available for after-hour contact with the doctor. Calling during office hours will afford a faster response.

### MEDICATIONS FOLLOWING SURGERY

- Ibuprofen/Aleve (non-steroidal anti-inflammatory)- Take 1 tablet every 8 hours during waking hours for 48 hours and then use as needed. DO NOT USE IF PREGNANT.
- Tylenol #3 (Tylenol with codeine) - take as needed if stronger discomfort medication is required. Follow bottle directions. DO NOT DRIVE OR DRINK ALCOHOL.
- Vicodin- take as needed if stronger discomfort medication is required. Follow bottle directions. DO NOT DRIVE OR DRINK ALCOHOL.
- Peridex - Follow bottle directions beginning the day after surgery.
- Antibiotic : Take till gone, Follow bottle directions.
- Other \_\_\_\_\_

WOMEN: IF AN ANTIBIOTIC HAS BEEN PRESCRIBED AND YOU ARE TAKING BIRTH CONTROL PILLS, ALTERNATE BIRTH CONTROL METHODS MUST BE USED FOR AT LEAST ONE MONTH.