

## 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.

### DO NOT's

1. Do NOT **rinse** vigorously or forcefully for at least 3 days.
2. Do NOT **spit** for at least 3 days.
3. Do NOT **use a straw or cause a similar pressure** in the mouth for at least 3 days.
4. Do NOT **smoke** for at least 2 weeks.
5. Do NOT **disturb the surgical** area or probe the area with any objects or your fingers.
6. Do NOT **allow application of ANY direct pressure** on the implant site for 3 months (after bleeding stops).

## 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

Take it easy today. Do not do anything too strenuous.

### OOZING/BLEEDING

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. 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 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. This can usually be managed by staying on a scheduled dose of over the counter pain medication (OTC's) such as Ibuprofen (Advil/Motrin) or acetaminophen (Tylenol). *If you take the first dose before the anesthetic has worn off, you will be able to manage any discomfort better.* Some surgeries might require stronger pain medication. In these cases, your doctor has given you a prescription to be filled by your pharmacist. **If you do not achieve adequate relief with OTC's**, you may supplement by alternating doses of OTC's and the prescription medication. If you received a narcotic prescription, please read the provided Opioid Notice accompanying this instructions sheet. 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. Sometimes more involved surgeries will cause quite a bit of pain and swelling. In these cases, you may notice that the pain and discomfort peaks at the third day and starts to feel better by the fourth day.

### NAUSEA

There are three common causes to nausea after oral surgery: (1) *Anesthetic medications given at the time of surgery.* These medications are metabolized in the first 2-4 hours after surgery. Nausea after the first 2-4 hours rules out the anesthesia medication as a cause. (2) *Swallowed blood.* Blood will irritate the lining of the stomach if swallowed and will cause nausea. If vomit appears dark and looks like coffee grounds, this is likely the cause of your nausea. Change the gauze packs and be sure to bite down on them with firm but gentle pressure directly over the surgical site. (3) *Medications taken after surgery.* Prescribed medications can cause GI upset and nausea. To manage nausea, stop the intake of everything. Once the nausea has subsided begin to take small sips of clear liquids (e.g. ice water, flat ginger ale, etc.). If you are able to keep that down, increase the amount slowly. You should be able to have at least 8ozs of water without feeling nauseous before trying to eat. Never take prescription medicines with an empty stomach.

## IMPLANT

Berkshire Facial Surgery, Inc.

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### 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 spicy foods or 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

Provide gentle but thorough hygiene at the implant site. You may gently brush this area and the top of the implant. Be careful to clean the teeth but **do not** scrub vigorously on the tissues. The prescribed mouth rinse will effectively remove bacteria from the surgical area. The implant site must remain clean and free of debris for optimal healing.

#### 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

No eating pressure should be applied to the implant during the healing phase. 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.

### INSTRUCTIONS FOR IMMEDIATE IMPLANT WITH TEMPORARY CROWN

#### CLEANING

Provide gentle but thorough hygiene for the implant crown. Beginning the day after surgery you should gently brush and floss the implant crown daily. The crown must remain clean and free of debris.

#### DIET

Eat soft foods and be sure to keep the food away from the temporary crown.

#### MAINTENANCE

Temporary crowns are made for esthetic purposes **ONLY**. Do not bite or chew with your temporary crown. Doing so may result in implant failure. Avoid any direct pressure on the crown. Do not maneuver the implant crown with fingers or tongue. If you notice a clicking sound or feel that the crown may be loose, call the office and make an appointment to have the crown tightened.

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 ensure 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 directions. **DO NOT DRIVE OR DRINK ALCOHOL**
- Norco- 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.