



After Placement of Dental Implants

There will be a metal healing abutment protruding through the gingival (gum) tissue. Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery.

- **Bleeding** – Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.
- **Swelling** – Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, a plastic bag with ice or a towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, or as much as you possibly can, for the first 36 hours.

Diet

On the day of the surgery, drink plenty of fluids and eat only soft foods. Avoid hot liquids. Return to a normal diet as soon as possible after that unless otherwise directed.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Good oral hygiene is essential to good healing. During the night of your surgery, please use the prescribed Peridex Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds, then spit it out. Warm saltwater rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Brushing your teeth and around the healing abutments is no problem. Be gentle initially with brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this happens, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing your Prosthesis

Partial dentures, flippers or full dentures should not be used immediately after surgery or at least the next 10 days. This was discussed in the pre-operative consultation.

Please contact Dr. Joshua Weiler at The Hamptons Dentist for any further questions or concerns:

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