

Implant & Bone Graft Post-Operative Instructions

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1. General Information:

You may expect some swelling after dental surgery. Swelling is a part of the natural healing process and may last several weeks. This is dependent on the nature and extent of your surgery.

Individuals who have fair skin or who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure(s). Any discomfort that you may have should be controlled with proper medication and not be severe.

Please refer to the following pages for further information concerning your *Post-Operative Care*.
Please notify me if you have ANY questions. Usually a single explanation can resolve the situation and free you of worry.

2. When should I notify my Dentist?

1. If profuse bleeding continues after 3-4 hours of applied pressure. ***Refer to page 3.***
2. If you are unable to maintain a nutritious diet after 48 hours. ***Refer to page 4.***
3. If the pain or swelling increases after the third day.
4. If the stitches become loose or dislodged prior to the third day.
5. If an oral bandage or dressing that was placed becomes dislodged prior to the third day.
6. If you have any symptoms which may indicate a reaction or allergy to the medications such as:
 - *Skin Rash*
 - *Hives*
 - *Elevated temperature*
 - *Increased and/or erratic heart beat*
 - *Nausea/vomiting*
 - *Dizziness/faint*
 - *Blurred vision*
7. If the wires or splints dislodge or become loose.
8. If your body temperature remains above 37.8 degrees C.

3. Home Care instructions

Bleeding

To slow and prevent bleeding, bite with light pressure on the gauze pack placed over the surgical area. Pressure should be applied in the 15-minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural clotting process.

If the bleeding persists without slowing for several hours, apply a moist tea bag wrapped in gauze and repeat the steps above. The tannic acid in the tea will assist in controlling the bleeding.

If profuse bleeding is still occurring after 3-4 hours, and the above measures have been taken, call my office or me immediately.

After 24 hours, gently rinse with salt water. **DO NOT** use a vigorous, mouth washing action. This action may dislodge the body's natural clotting process and re-open the area to bleeding.

DO NOT exercise, use physical force, or enter stressful situations for the first 48 hours or until the medication and natural healing process allows. This will increase your heart rate and thereby blood pressure. This too, has an adverse action on the body's natural healing process.

DO NOT operate heavy or hazardous machinery, make important or financial decisions for the first 24 hours or until the medication and natural healing process allows.

Follow the additional instructions provided, that are pertinent to the medications I have prescribed for you.

Swelling

Apply ice packs at 15-minute intervals to reduce swelling. After 72 hours heat will relieve the swelling. Swelling is part of the natural healing process and can be expected for 3 days to several weeks depending on the nature and extent of your surgery.

4. Your dietary needs:

DO NOT try to eat solid foods until the local anaesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly cause a bite injury.

DO NOT use a straw when taking in liquids. The sucking action will cause a vacuum in the mouth and may dislodge the clot.

Liquids

DO take in liquids immediately and prior to taking any pain medication. This will help prevent nausea, an upset stomach and expedite the medication's effects.

Vitamin therapy

Vitamin C	1500 mg per day Begin taking 5 days prior to your surgery and continue until your treatment has been completed.
Antibiotics	As prescribed: It is important that all antibiotics be taken to completion

After surgery

A nutritious diet throughout your healing stage is most important to your comfort, temperament and healing. Hungry people become irritable and less able to deal with discomfort, which can follow surgery. Since you will be taking medication, it is important that you are aware that eating can prevent nausea associated with certain medications.

Milk, along with cooked cereals, scrambled eggs, cottage cheese and grain-less toast, are recommended for the first day following surgery.

Soups, broiled fish, stewed chicken, mashed potatoes and cooked vegetables can be added to your diet as your comfort allows.

Nutriment, Ensure, Sego and/or yoghurt, supply excellent added nutrition. These are especially indicated if other soft foods are not taken in.

Please avoid acidic foods such as tomatoes, orange juice and citrus foods.

ABOVE ALL EAT A NUTRITIOUS DIET, WITH SOFT FOODS

5. Post-Operative Instructions (General):

The following is a list of **GENERAL INSTRUCTIONS**:

These GENERAL INSTRUCTIONS are designed to minimise your post-operative discomfort and inform you of situations which can and may arise.

DO NOT rinse for at least 24 hours.

DO NOT over exercise. *The heart rate will increase and thus bleeding will increase.*

DO NOT SMOKE FOR A WEEK BEFORE OR FOR 2 WEEKS AFTER THE SURGERY. PLEASE USE NICOTINE PATCHES IF NEEDED DURING THIS PERIOD.

Remember P.I.E.R	
P = Pressure	Light pressure on the area
I = Ice	Cold compress on the area
E = Elevation	Elevate your head whenever you lie down. 2-3 pillows is sufficient
R = Rest	And Plenty of it!

6. Post-Operative medication:

1. If an antibiotic is prescribed during treatment, you should take the medication exactly as directed on the prescription to completion.
2. If you were sedated for the surgery:
 - **DO NOT** drive or operate heavy equipment.
 - **DO NOT** work around machinery.
 - **DO NOT** make any financial or important decisions.
 - **DO NOT** climb ladders or work at unprotected heights.

For **24 hours** or until the effects of the sedation have gone.

3. **DO NOT** consume alcoholic beverages
 - Until the healing process is complete
 - While you are under medication
4. **DO NOT** exceed the prescribed and recommended dosage. Take only the medication as directed on the prescription.
5. **DO NOT** give any of your medication to ANY other individual.
6. **DO NOT** leave your medication exposed and available to children.
7. **Notify your Dentist if you have any symptoms, which may be related to an allergic reaction.**

7. Instructions for IV sedation

1. **Please plan to have a carer with you for 24 hours after the surgery.**
2. **DO NOT** eat or drink for 6 hours before your surgery. Your last meal should be a light meal.
3. **DO NOT** wear tight fitting clothing. Wear comfortable and loose-fitting clothing, preferably short sleeved, **NO** tight T-shirts. Bring a light weight jacket or sweater and remove **ALL** jewellery around the neck and ears.
4. **DO NOT** wear nail polish.
5. **DO NOT** bring handbags or valuables. Keep your purse or wallet with your Carer.
6. **DO NOT** wear high heel shoes or elevated platforms as your reflexes may be slowed and walking in them may be hazardous.
7. **DO NOT** wear make up. Cosmetics can contaminate the surgical site.
8. **ALL** patients who are taking prescribed medication regularly must:
 - Know the name of the medication they use
 - Bring the medications within the prescribed containers on the day of the surgery
9. **ALL** Patients taking Insulin, should take ½ the dosage of their Insulin on the morning of the appointment.
10. Plan to spend a minimum of two hours in the practice. A portion of that time ½ - 1 hour will be spent recovering from medication.

You may not.....

- Leave alone. An adult Carer **MUST** accompany you.
- Drive or operate a vehicle or heavy equipment for 24 hours post procedure.

A blanket and pillow in the car is advisable for comfort on your return trip home.

8. Post-op instructions for temporary crowns, bridges and removable dentures.

1. Avoid **STICKY** foods, such as toffee, caramel, doughy breads etc
2. Avoid chewing on that side if at all possible. Especially heavy chewing as in peanuts, hard sweets, popcorn kernels, etc.
3. **DO NOT FLOSS THE AREA!** Pulling on the floss could remove or loosen the temporary.
4. **DO BRUSH THE AREA TO KEEP IT CLEAN IN YOUR USUAL MANNER** This is to keep the area clean and care for the natural teeth and gums. Your teeth may be more sensitive to cold and brushing, but still require proper care.
5. **IF THE TEMPORARY LOOSENS**, rinse off and return it to the prepared teeth or store in a safe place and contact the office for an appointment to have it recemented.
 - *A temporary is just as stated – it does not in any way resemble the final restoration in colour, shape or fit. It is only temporary!*
 - *If your gums become tender while in a temporary, take extra time to brush (massage) the gums and rinse with warm water*
6. If you have a removable denture, use it as little as possible – only for aesthetic reasons if possible until the sutures are removed.
7. If there is a tender spot under the denture do not wear it and contact the office for an appointment to have it adjusted.

9.BONE GRAFT

DO NOT rinse or spit for 24 hours.

DO NOT apply pressure with your tongue or fingers.

DO NOT lift or pull on the lip to look at the sutures (stitches). This can cause undue pressure and tear the sutures.

You may expect to find small granules in your mouth for the first several days.

NOTIFY THE OFFICE IF:

- A suture falls out within the first three days
- A bandage that has been placed loosens within the first three days.
- If a large amount of granules are lost from the surgical site.
- If your medications **DO NOT** relieve your discomfort.

IMPORTANT:

These instructions are in addition to the General Instructions. If there is duplication, the instructions on this page supersedes all others.

10.ENDOSTEAL IMPLANTS

Sensitivity to cold on the natural surrounding teeth can occur, and will disappear gradually with time.

Avoid ice, ice cream, cold drinks and solids.

Increased Vitamin C intake to 1000 – 2000mg per day, to aid healing.

DO NOT apply pressure to the implant with your tongue or fingers.

DO NOT eat sticky or hard foods.

NOTIFY THE OFFICE IF:

- Numbness persists after initial day of surgery.
- Bleeding has NOT decreased after 3 days.
- The 'temporary' becomes loose or fractures.
- Pain increases after several days.
- The implant becomes loose.

IMPORTANT:

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11. SINUS ELEVATION (graft or lift)

DO NOT blow your nose.

DO NOT smoke or use smokeless tobacco.

DO NOT take in liquids through a straw.

DO NOT lift or pull your lip to look at sutures (stitches).

If you must sneeze, do so with your mouth **OPEN** to avoid **ANY** unnecessary pressure on the sinus area.

Take your medication as directed.

You may be aware of small granules in your mouth for the next few days. This is **NOT** unusual.

NOTIFY THE OFFICE IF:

- You feel granules in your nose.
- Your medications **DO NOT** relieve your discomfort.

IMPORTANT:

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Please notify me if you have ANY questions. Usually, a single explanation can resolve the situation and free you of worry.