

## **Post-Operative Instructions for Implant Placement**

(See diet instructions on back page)

Implant incisions have the potential to heal quickly and without complications.

If you have sutures they will begin to dissolve and fall out after 7-10 days.

### **Bleeding:**

A certain amount of bleeding can be expected following surgery. Oozing from the surgical site is not unusual for the first 24-48 hours.

- Bleeding is controlled by applying pressure to the surgical site with moist gauze for 60-90 minutes following surgery.
- If bleeding persists, a moist tea bag should be held firmly on top of the area of bleeding for 60 minutes straight.
- If bleeding continues call the office/on-call dentist for further instructions or go to the emergency room.

### **Medications:**

- If you are prescribed medication for discomfort begin taking this medication before the numbness wears off, pain is better controlled this way.
- If a prescription for discomfort is not given, you may take:
  - Ibuprofen (Motrin, Advil etc..) up to 800mg every 6 hours. Take with food to prevent gastrointestinal irritation.
  - Acetaminophen (Tylenol) 500-1000mg every 4 hours.
  - These two medications may be staggered for better control. Do not take Ibuprofen and Acetaminophen at the same time.
    - **Do not take Aspirin or Ibuprofen if you are on blood thinners.**
    - **Do not take Ibuprofen if you have stomach ulcers.**
- If you are prescribed an antibiotic, follow the directions and make sure to keep taking the pills until they are all gone.
  - Take the antibiotics with food. Eat plenty of yogurt or take a probiotic supplement to prevent gastrointestinal upset.

### **DO:**

- **Ice** area for the rest of the day and up to 24 hours following surgery.
  - Place barrier such as wash cloth and apply – 20 minutes on / 20 minutes off.
  - This will reduce swelling, control pain and bleeding.
- **Heat**
  - You may apply heat 24 hours after surgery. Do not apply heat within the first 24 hours.
- **Hydrate** – drink plenty of water. Do not use straw.
- **Elevate** your head for the first few nights –prop yourself up with pillows.
  - Lying flat will cause swelling and pain.
- Cover your pillow with a towel in case of bleeding / oozing

### **DO NOT:**

- **Do not touch!** Keep fingers and tongue away from surgical site.
- Do not smoke for one week following surgery (This will delay healing).
- Do not drink with a straw for one week (Creating suction in your mouth may pull the sutures).
- No vigorous activity for one week (jogging, swimming, lifting heavy objects, sports etc...)
- Do not brush teeth for 24 hours following surgery.

### **Oral Hygiene**

- Good oral hygiene is essential to good healing.
- Begin brushing teeth and tongue with wet toothbrush (No toothpaste) 24 hours after surgery. **Stay away from surgical site!**
  - Resume your regular tooth brushing on day three (you may use toothpaste), but still avoid disturbing surgical site.
- Begin warm salt water rinses 24 hours after surgery (1/2 tsp in 8 oz warm water).
  - **Gently** rinse 4-5 times a day after meals and snacks. Do not vigorously swish.

If you have any question or concerns, please feel free to call the office (719) 481-4949

## **Diet Instructions**

Eating might seem like the last thing on your mind after dental surgery, but it is still important to nourish your body.

**Warning:** For two weeks after surgery do not eat or drink the following:

- Spicy foods
- Acidic juices (Orange, grapefruit etc...)
- Chips
- Popcorn
- Carbonated drinks

### **Below is a very good guide for your diet following surgery**

- Please do not advance your diet faster than the examples below.
- You do not need to advance your diet as fast as the examples below, feel free to go as slow as you feel necessary.

***The first 24 hours (After bleeding has stopped):*** Cold foods nothing hot or warm. **Do not use a straw for one week!**

- Fruit smoothies
- Applesauce
- Jello/puddings
- Yogurt
- Cold broth
- Cold nutritional supplement drinks (Ensure, Carnation Instant Breakfast, Slim-fast, etc...)
- **Water** – Drink plenty of water to stay hydrated

***24-48 hours following surgery:*** You may add warm soups/broth to your diet.

- Potato soup (Potato chunks need to be mashed)
- Tomato soup
- Broth

***Days 3-5 following surgery:*** You may start adding soft foods.

- Oatmeal
- Scrambled eggs
- Pancakes
- Soft bread/rolls
- Mashed and baked potatoes (sorry, no bacon bits on you potato)
- Cream soups and chowders
- Pasta
- Fish – steamed or baked (no crust or breading)
- Cheese
- Meatloaf

***Days 6-14 following surgery:*** You may add the following foods to your diet.

- Chicken – Cut into small pieces
- Breaded or crusted fish
- Lasagna

***Days 15 and Beyond:*** Congratulations! You made it.



**Brad Burtwistle DDS, RN**

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You may now resume a normal diet, but be careful not to disturb any residual swelling that might be present at the surgical site.