

Instructions After Implant Surgery

PAIN: You **may** have some discomfort after the anesthesia wears off. Most discomfort can be controlled by two tablets of Tylenol, taken with water every three to four hours as needed. The prescription analgesic should be utilized if necessary. Acetaminophen containing tablets-not ASA is preferred as it poses less risk with ongoing bleeding. (Tylenol preferred, rather than aspirin).

ANTIBIOTICS: Antibiotics **may** be prescribed depending upon the surgical procedure. It is important that the antibiotic be taken **completely** as directed.

SWELLING: Some swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face for ½ hour on, and ½ hour off for the first three or four hours. Frozen peas in a plastic bag wrapped in a face cloth works nicely for an ice pack. If swelling and discomfort persists on the **second and subsequent days**, warm wet compresses may be used (apply for twenty minutes on, and forty minutes off for three hours each day.)

BLEEDING: Do not be concerned if traces of blood are noted in the saliva for several hours after the operation. **Do not rinse your mouth vigorously (or spit out)** for the first few hours as disruption of the clotting process may occur. Avoid hot foods or hot liquids until the day following the surgery. If recurrent bleeding occurs, place **direct pressure** with gauze or a damp tea bag on the area of bleeding for **ten minutes**. If you have any concerns, please contact the office.

ORAL HYGIENE: Meticulous oral hygiene should be maintained in all areas of the mouth **except** the site of the surgery. You should continue to brush the teeth and stimulate the tissues elsewhere in the mouth. **Warm salt water rinses after meals are advised.**

CAUTION: The medications you were given may cause some drowsiness. Alcohol may intensify this effect. **No driving** of motor vehicle for 24 hours post surgery.

NUTRITION: Maintain a nutritious diet by selecting soft, yet protein rich foods. For example: eggs, chopped or ground meat, protein shakes, custards or puddings, yogurt, cottage cheese, soups or any of the meal supplements that are available. Avoid hot and spicy foods and chew on the opposite side of the mouth if possible.

You will assist the healing response by:

- Keeping your mouth as clean as possible
- **ELIMINATE smoking** since it significantly delays the healing
- Maintain a high protein diet and add a vitamin C supplement
- No exercise for 48 hours, moderate exercise for the rest of the week

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