



East Hudson Oral & Maxillofacial Surgery

Dr. Douglas B. Smail

IMPLANT POSTOPERATIVE INSTRUCTIONS

• MEDICATION / PAIN CONTROL

- Finish taking your antibiotic prescription.
- Begin the Antiseptic mouth rinse the night following your surgery.
 - After that you will use the rinse twice a day.
- You will experience some degree of discomfort after the local anesthetic wears off. Begin taking an over-the-counter pain medication (Ibuprofen/ Tylenol) once you arrive home.
- To prevent nausea, take these medications with food.

• BLEEDING / SWELLING/ NUMBNESS

- Minimal bleeding is expected after this implant procedure. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.
- Swelling is the body's normal reaction to surgery and healing.
 - The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. Apply the ice packs to the outside of the face, 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

• ORAL HYGIENE

- Standards of good oral hygiene are critical for the success and functionality of the implants. The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery.
 - Use the soft bristled toothbrush we've provided and brush after meals and at bedtime.
- After 2 days, using the soft toothbrush given to you, gently brush the implant area and any healing cuffs (if you have them).



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- In 24 hours begin using the mouthrinse we've provided, twice a day, morning and night. Take in the prescribed amount and hold at, or "soak" the surgical site for 30 seconds. Dribble and wipe; avoid spitting.
- **DO NOT RINSE, SPIT, SWISH OR DRINK FROM A STRAW** on the first day as this could disrupt the clot and delay the natural healing process.
- If you have a denture or a temporary appliance ("Flipper") avoid wearing it as much as possible. Constant, excessive pressure from appliances may lead to implant failure. Call office or your general dentist if you feel pressure from appliance.
- Numbness may last for several hours after you leave the office.
- **ACTIVITY**
 - Rest and avoid strenuous activities for 2 to 3 days. Keeping blood pressure lowered will reduce bleeding and aid healing.
 - **DO NOT DRIVE A CAR** or operate machinery for 24 hours if you had sedation.
 - **DO NOT MAKE ANY CRITICAL DECISIONS** for 24 hours if you've had sedation.
 - **DO NOT SMOKE.** Smokers experience more pain, slower healing and are at higher risk of implant failure.

5. POSTOPERATIVE DIET

- Eat only soft foods, and DO NOT eat on the newly placed implant until after your final implant crown is placed.

DO NOT EAT HARD or CRUNCHY FOODS LIKE: NUTS, POPCORN, SEEDS, or CHIPS, AT ALL DURING THE WHOLE IMPLANT PROCESS. DOING SO MAY CAUSE FAILURE AND THE BONE TO PULL AWAY FROM THE IMPLANT!

- Keep anything sharp like eating utensils and toothpicks away from the surgical site.



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• **FIRST DAY – Cool, Soft Foods:**

Applesauce
Pudding
Yogurt
Jell-O
Cottage
Cheese
Ice cream
Milkshakes
Breakfast
Drinks

• **SECOND & FOLLOWING DAYS:**

Pasta,
Macaroni and Cheese,
Eggs
Pancakes
Mashed Potatoes
Soup
Soft Cooked Vegetables
Chicken
Fish

If at any time you have questions, concerns, or feel that your healing phase is not meeting your expectations, please contact the office.