

Post Operative Instructions Following Implant Placement

Congratulations on your decision to have dental implants to replace your missing teeth! The following instructions should be followed to ensure the implants heal without complication.

Physical activities should be kept to a minimum because overexertion will cause bleeding. Running, heavy lifting, and bending over should all be avoided for at least 48 hours.

Smoking should absolutely be avoided as it will delay healing and regeneration of the bone.

Regularly Scheduled Medications- you should continue to take such medications unless specifically instructed not to do so.

Eating is very important to healing. Ideal meals for the first 24 hours are frozen protein shakes with banana, apple, creamy peanut butter (not chunky), and milk. Foods with small seeds or chunky-crunchy foods should be avoided as they may cause infections if embedded within a wound. Drink water and non citrus-juices, such as grape or apple juice. Do not use straws, as sucking can cause bleeding. The day after surgery, a soft protein diet is ideal. Eggs, soft chicken soup, cottage cheese, milk, yogurt, well cooked and mashed vegetables, bananas, and fruit shakes. Avoid HOT foods and carbonated drinks, they can cause bleeding. Avoid foods with seeds, nuts, and kernals. Remember, eating will help prevent the nausea associated with certain medications.

Your **Medications** play an extremely important role in your healing. The antibiotics will help prevent infection, and the anti-inflammatories will minimize the inflammation, swelling, and pain. Any narcotics that may be prescribed will also help minimize pain and allow you to rest better. Do not assume your prescribed medications to be unnecessary if you are comfortable to begin with, as chasing pain and infection is more difficult than preventing it altogether.

Yogurts with active cultures or acidophilus should be taken while on antibiotics to minimize diarrhea.

If you take birth control medications, you should be aware that antibiotics can render the birth control medications ineffective—take appropriate precautions.

Alcohol should be avoided while taking prescription medications.

Oral Hygiene is essential to healing. Do not brush teeth or rinse your mouth for 12 hours, as they will interfere with clotting and healing. No sooner than 12 hours after your surgery, you should begin using warm salt water (1Tsp: 1Cup warm water) to rinse up to 4 times per day. Put solution in your mouth, rock your head back and forth, and then let solution drip out of your mouth into the sink. Do not swish it or spit it out as it could cause bleeding. Do this for

the first week. You may begin to brush and floss your teeth after the first 12 hours, but be very careful to avoid the surgical site for 2 weeks. Allowing the tissues around the surgical site to rest 2 weeks undisturbed is very important to the healing process. After 2 weeks, you may gently brush the site, including the healing abutments, which need to be kept plaque free.

Bruising adjacent to the surgical site is rare, and may be due to medications (aspirin, ibuprofen, and other anti-coagulants). Although unsightly, it is harmless, and will resolve over the next several days without any treatment.

Limited Jaw Opening is normal. Moist heat, ibuprofen, and range of motion exercises, such as limited gum chewing will help improve your range of motion.

Fever. Your temperature may be slightly elevated for up to 24 to 48 hours. Drink plenty of fluids. If your temperature exceeds 101 Fahrenheit, and you have limited jaw opening, call the office. Make sure you are taking your antibiotic prescription correctly.

Bleeding. Expect minor bleeding and oozing. If it persists, bite on sterile gauze which we will give you following surgery. Change the gauze every 45 minutes until bleeding subsides. Keep your head elevated. Remember, spitting, swishing, and rinsing are the most common causes of post operative bleeding, and should be avoided the first 12 hours.

Swelling. You have been prescribed ibuprofen 600mg, 4 times per day, to be started the day prior to surgery to control inflammation. Ice packs should be used for the first 36 hours after surgery. 30 minutes on and 15 minutes off.

Driving and Activities. While under the influence of pain medications or anti-anxiety medications, it is advised that you not operate a car, machinery, climb ladders, or make any important final decisions. Strenuous activity and heavy lifting should also be avoided due to swelling, bleeding, or injury due to impaired conditions.

Dr. Robbie Bridgeman may be reached at home at **(828) 265-3644**. If he is going to be away from home, he will provide you his cell phone. Expect him to call you the night of your surgery to see how well you are doing, and if you need anything or have any questions, please feel free to call him.