

ANACAPA ORAL SURGERY DENTAL IMPLANT CENTER

Marwood Stout, D.D.S., Inc.

771 E. Daily Drive, Suite 215 • Camarillo, California • (805) 389-9500

1701 Solar Drive, Suite 291 • Oxnard, California • (805) 981-8144

Home Care Following Dental Implant and Grafting Surgery

PLEASE DO:

Take Advil 4 times a day for 3 days.
Keep ice on your face for the first day only.
Change gauze every 45 minutes until bleeding stops.
Keep your head elevated the first day.
Drink plenty of fluids to keep well hydrated.
Take antibiotic tablets until they are gone.

PLEASE DON'T:

Smoke or use nicotine during your recuperation.
Chew in the area of implants or grafts.
Drink fluids through a straw for 24 hours.
Spit out blood that collects in your mouth, instead bite down on the gauze, and change it as needed.
Drink hot liquids for 2 weeks.

Other Postoperative Information

DISCOMFORT: Unless you are intolerant to non-steroidal medications, adults should take 600 mg of ibuprofen (Advil) every 6 hours whether there is pain or not. Ibuprofen can safely be taken in addition to your prescription medication. The discomfort may not peak for 3 to 5 days after the surgery. Discomfort that continues after the first several days may also be due to spasm of the jaw muscles, especially for patients who clench or grind their teeth. Treat muscle pain by applying moist heat for 10 minutes followed by massaging the areas for 10 minutes several times a day. Smoking within several weeks before the surgery has been shown to greatly increase the pain intensity and duration, and for smokers, significant, severe pain may persist for over a week.

BLEEDING: Gauze packs were placed in your mouth at the surgical site to provide gentle pressure over the wounds. Replace these packs with fresh ones every 30 to 45 minutes, or until the bleeding has completely stopped. Usually several hours of gauze application are needed. It is quite normal to notice occasional bleeding or blood-tinged saliva many days after the surgery. If bleeding seems to be persistent, don't spit the blood out, but continue changing the gauze. For problem bleeding, you may also try to speed clotting by dipping the gauze in ice water or inserting a tea bag inside the gauze. Keep your head elevated. Certain activities such as drinking through a straw, spitting, rinsing vigorously, or taking hot foods or fluids can cause persistent bleeding, and should be avoided during the first 24 hours.

FEVER, SWELLING AND BRUISING: A low-grade fever (up to 101° F) sometimes occurs for a few days after surgery. Swelling in the face usually peaks several days after the surgery, and then resolves over the next few days. You may also notice some bruising on your face or neck which may persist after the swelling has disappeared. The sutures will dissolve, usually becoming loose in 5-7 days after the surgery.

DIET AND ORAL HYGIENE: Limit your diet to soft foods for the first 24 hours. Make sure you take in plenty of fluids to avoid dehydration, but do not drink hot liquids for 2 weeks. After 24 hours, you may eat whatever your comfort permits, but soft foods are a good idea for a few days. Do not rinse vigorously for 24 hours, since this may cause bleeding. After 24 hours, rinse your mouth frequently with warm water. Do not irrigate the implant or grafted areas unless and until you are instructed to do so by Dr. Stout. A few days after surgery, you can brush the teeth and the implant posts with a soft toothbrush and a proxabrush (it looks like a small pipe cleaner for in between posts).

NAUSEA: Nausea can be a narcotic side effect, or may simply be from swallowing some blood. You can take a dose of Bonine (meclizine, a non-prescription travel sickness medication) along with the pain medicine, or you can discontinue the prescription medicine and substitute a non-narcotic medication such as Aleve, or Motrin. If your nausea is severe enough to prevent you from holding anything down, then a prescription suppository is available.

Thank you for giving us the opportunity to treat you. We are honored to care for you, and wish you all the best for a smooth recovery. Call our office immediately at (805) 981-8144 if you encounter severe bleeding, difficult breathing, inability to swallow, or persistent vomiting or any other problem. If we cannot be reached quickly, call 911 if you feel there is an emergency.