

Instructions After Your Implant Has Been Placed

1. Prescriptions
 - a. While taking a narcotic medication and for 24 hours afterwards, **do not drive or operate machinery of any kind**
 - b. If you have been prescribed antibiotics, take as directed until all are gone
 - c. Advise us of any medication allergies that you are aware of so that we can provide you with the safest possible prescriptions
2. Bleeding
 - a. Bleeding is expected and normal after an implant
 - b. Apply pressure with gauze for 30 minutes without removing to inspect the site
 - i. This could disrupt clot formation, forcing the process to begin again
 - c. With proper pressure applied to the surgery site, bleeding should cease within ~6 hours, although slight bleeding the morning after surgery is a common occurrence
 - i. If bleeding will not stop, call the practice for further instructions or visit an urgent care or emergency room if bleeding is severe
 - d. If you run out of gauze, a good replacement is a black tea bag
 - i. Wet the tea bag and bite down against it
 - ii. Tannic acid is a main component of black tea and has properties that will promote coagulation to stop bleeding
 - e. Minimize exercise and vigorous activity for 3-5 days after surgery
 - i. Elevated heart rate and/or blood pressure can dislodge an immature blood clot, causing a delayed healing in the best case scenario, or creating a “dry socket” in the worst case scenario
 - f. Avoid smoking, spitting, and drinking through straws
 - i. Cigarette smoking decreases the performance of your immune system, delaying the healing of your surgery site
 - ii. Suction that is associated with smoking, spitting, and drinking through straws is enough to dislodge an immature blood clot, potentially causing a “dry socket” and cause a delay in healing
3. Sinus Lift/Bone Graft
 - a. Avoid disturbing the surgery site
 - b. Avoid blowing your nose for 2 weeks after surgery
 - i. You will likely have increased runniness, sinus congestion, and possibly a bloody nose
 1. You will need to rely on decongestants during the healing phase such as Afrin or Sudafed
4. Pain

- a. Typically, pain associated with an implant is less than what you would experience after an extraction
 - i. Soreness is to be expected for ~3-5 days
 - ii. If you are experiencing extreme pain after an implant, you should call the practice immediately or visit an urgent care or emergency room if you are in need of immediate assistance
- b. Over-the-counter pain medication is typically all that is required after implant placement
 - i. Confer with your physician prior to taking OTC medications
 - 1. We find that most patients do very well with Ibuprofen and/or Acetaminophen taken as directed if they are safe for the patient to take
- c. If you have been prescribed a pain medication, be aware that Acetaminophen is commonly a component of prescription pain medication and should not be mixed with over-the-counter Acetaminophen
 - i. With pain prescriptions, nausea is a common side-effect which can be minimized by taking it with some food
 - 1. Yogurt, smoothies, breakfast bars, or even a full meal can be very helpful
 - ii. If you have been prescribed a narcotic medication, do not drive for 24 hours after your last dosage of the narcotic

5. Antibiotics

- a. Women, be aware that antibiotics can **decrease the effectiveness of birth control**
 - i. Consult with your physician
 - b. Take antibiotics as prescribed until they are gone

6. Swelling

- a. Swelling is a normal part of the healing phase after implant placement, and can extend beyond the mouth to include the cheeks, eyes, and sides of the face
- b. Stiffness (Trismus), can cause some difficulty during opening for a few days after surgery
 - i. This is normal and will resolve
- c. Swelling and Trismus can be minimized by the following:
 - i. Apply ice outside the mouth near the site of surgery for 20 minutes on, then 20 minutes off, for 24-48 hours after surgery
 - ii. After 48 hours, begin using heat in place of ice
 - iii. Swelling could continue to increase for 3-4 days after surgery

7. Home Care

- a. If you have been prescribed a rinse, do so gently as directed
- b. Do not brush the implant site until 4 weeks after surgery

- i. Only brush with a soft bristle toothbrush
- c. Regular brushing of all other teeth should be continued with care given around the surgery site

8. Diet

- a. Stay well hydrated and do not miss meals
 - i. You will feel and heal better if you maintain good fluid intake and meal schedule
- b. Until numbness wears off, eat soft foods that do not require chewing such as yogurt, applesauce, smoothies, and soup
- c. After numbness wears off, continue to eat soft foods that only require mild to moderate effort with chewing, such as eggs, pasta, and cooked vegetables

9. Caution

- a. You may become dizzy when standing up suddenly
- b. Take your time while standing to ensure that you do not faint or become nauseous