



ORAL SURGERY ASSOCIATES & DENTAL IMPLANT CENTERS

Implant & Bone Graft Post-Operative Instructions

Implant / Bone Graft surgeries are typically fairly painless and have minimal issues. Below are some helpful tips.

The First Day

- Take the Gauze out at: _____
- Start eating: Liquids and non-chewable foods away from implants
- Local anesthesia may last 2-8 hours. Be careful not to bite your lips, cheek or tongue. Move your jaw cautiously until feeling has returned.
- If given Ibuprofen: Take one pill after eating and start taking three times a day for 3-4 days if you are having pain.
- If antibiotics or anti-nausea medication were given, take as prescribed.
- Sleep with your head elevated (head above heart) for 3-4 days to help with swelling and pain.
- **Implants:** Avoid rinsing your mouth or spitting today. Beginning tomorrow, you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2-3 hours for the first couple of days, then rinse after meals and at bedtime for the next 2 weeks.

Bone Grafts wait 48 hours to rinse.

- Do not brush or floss in the area of surgery for the first 24 hours.
- For the first 24 hours following surgery, a responsible adult should be available to assist you.
- Ice applied over the surgical site during waking hours for the 24-48 hours will minimize swelling. Apply for 20 minutes then give a 20-minute rest.
- Start your regular medications unless instructed not to by your doctor.

- _____
- _____

General Guidelines

- No strenuous activities for the first few days following your surgery.
- Avoid tobacco products to improve the success of you implant taking.
- Avoid straws for 48 hours. It increases bleeding.
- There may be a metal healing cap which is exposed through the gums, clean the healing cap starting the day after the procedure to keep it free from plaque. Initially clean with a q-tip and when it is healed, you can brush it.
- **There may be small granules in your mouth that are part of a bone graft. Don't worry, this is normal and no need for alarm.**
- Sometimes we will prescribe a mouth rinse called Peridex® (Chlorhexidine). If so, rinse twice daily for the next 2 weeks.
- Do not pull or pick on the sutures. Most of the time you will have sutures that dissolve within 5-7 days. You will have been instructed to return for a suture removal appointment if your sutures are not dissolvable.

Wound Care

- **Implants:** Put light pressure with the gauze over the surgical site for one hour, after that replace and repeat if necessary. Leave out the gauze once the bleeding has tapered off. **You need to initially keep the healing cap free from plaque with a q-tip. Eventually you can use a tooth brush to clean the healing cap.**

Bone Grafts: Avoid brushing the area while stitches are still present. Clean the area with mouthwash or Peridex and q-tip.

Diet

- **Implants:** It is important to maintain your dietary intake. Begin with soft, cold foods. **Avoid chewing directly over or on the implant site and avoid sticky foods at all times.** You may resume a normal diet when you feel comfortable. Drink plenty of liquids during the post-operative period especially when taking medications.

Bone Grafts: Avoid eating on the area for 10-14 days.

Discomfort

- Most Implant/Bone Graft Surgery discomfort can be treated with Ibuprofen. However, your doctor may prescribe a narcotic if they think it is necessary.

Report Any of the Following

- Brisk Bleeding and bleeding that has continued after 24 hours.
- Persistent Nausea (More than 24 hours)
- Severe, uncontrolled pain.
- Development of rash/itching/wheezing
- Temperature over 101degrees F (by mouth)
- Area becomes red, warm, tender, swollen.
- **Occasionally, the healing cap may loosen or fall out. This should not affect the stability of your implant. It is important to call us as soon as possible so we can replace it for you. Please bring the loosened component with you.**

• **AFTER HOURS ANSWERING SERVICE: 770-929-6718**