



INSTRUCTIONS FOLLOWING IMPLANT SURGERY

Compliance with the following instructions is **CRITICAL** to assist in the management of pain, anxiety, swelling or infection that may develop before, during and after your appointment. It is our utmost wish and intention to make your experience as comfortable as possible. Please feel free to ask our team if you need assistance or have concerns with any part of this form.

Although usually not significant, and almost always temporary, the following are some normal post-operative signs and symptoms that could be experienced following implant surgery:

- Surgery: pain, swelling, infection, bleeding, bruising, trismus (limited mouth opening), recession, altered neurosensation, pulpal pain(tooth ache), and temperature (cold/hot) sensitivity.
- Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.
- No vigorous rinsing, no drinking through a straw, or spitting for 3 days following the surgery so the blood clot will not be disturbed.
- Today, rest as much as possible with your head elevated. No vigorous exercising for 3-4 days.
- Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs place a wet teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.
- Do not pull back the lips or cheeks to look at the area as this can disturb the surgical site and increase complications.
- Do not eat by the surgical area for 1 week. Soft nutritious foods will be necessary for the first few days. Avoid acidic and crunchy foods. Drink plenty of fluids.
- Do not use tobacco or drink alcohol as these will delay healing.
- Swelling can be lessened by placing a cold compress on the face alternating on and off for 20 minutes during the first 72 hours.
- Take all medications the doctor has prescribed for you according to directions.
- Starting 24 hours after surgery, *gently* rinse your mouth with ¼ teaspoon salt in 8 ounces of warm water three times a day. If a mouth rinse is prescribed, take as indicated.
- After surgery, sensitivity of the teeth may occur. This is remedied by maintaining proper oral hygiene and by the use of specially formulated sensitive toothpaste, such as Sensodyne.
- If a periodontal pack has been placed in your mouth, do not remove it. The pack should remain in place for at least 3-4 days. If the pack comes off before this time, it is not an emergency, but the doctor should be notified.
- Return for your appointment to have the periodontal pack and any sutures removed.

SINUS PRECAUTION FOLLOWING SINUS GRAFT SURGERY

- Avoid blowing your nose or sneezing for 14 days after surgery. Use nasal decongestant spray or anti-histamine to help clear up congestion. Avoid sucking: do not suck or drink through a straw and do not smoke.
- Avoid playing a wind instrument or blowing up balloons.
- Avoid physical exertion such as lifting or pushing objects weighing more than 20 pounds. After 2 weeks, if you must blow your nose then blow gently through both sides at the same time. Do not pinch your nose and blow just one side at a time.

MEDICATIONS FOLLOWING SURGERY

Ibuprofen 200mg, 400mg, 600mg or 800mg tablets (pain reliever & anti-inflammatory. Brand names are Advil or Motrin).

Dexamethasone 4mg (this is a stronger anti-inflammatory and pain reliever than Ibuprofen) – you will have taken 1.5 tablets 1 hour before surgery, then 1 tab the day AFTER surgery, and finally ½ tab on the SECOND day after surgery. If you do not take this, consider ibuprofen as an alternative.

Tylenol #3 or Extra Strength Tylenol – take as needed if stronger discomfort medication is required. 1-2 tablets every 4 – 6 hours.**

Hydrocodone/Oxycodone + Tylenol – Usually take 1-2 tablets every 4-6 hours as needed for pain. Take before your anesthetic wears off. **

Antibiotic prescription – take as directed.

PERIDEX mouth rinse – follow directions on bottle. Rinse with 1 Tablespoon for 30 seconds, after breakfast and before bedtime for 2 weeks. Use Listerine for the following 2 weeks after using Peridex.

Vitamin C 1000mg/day for: 1 Week 2 Weeks 3 Weeks

Oxy fresh super relief gel

Non-dissolving sutures have been used. They should be removed in the following 1-3 weeks, depending on the type of procedure performed.

Dissolving sutures have been used.

THE MEDICATION PROTOCOL PRESCRIBED TO YOU WILL MINIMIZE THESE COMPLICATIONS BUT PLEASE CALL US AS SOON AS POSSIBLE IF ANY OF THE FOLLOWING EMERGENCIES OCCUR:

- Heavy bleeding that persists even after attempts to put pressure on the site.
- Facial swelling that seems to get worse (bigger) and spreads to other areas.
- Moderate to severe pain that is not relieved by the medication prescribed and continues for several days
- High fever measuring over 100F or 38C and persisting for several hours.
- Intolerance and/or allergic reactions to the medication prescribed such as nausea, vomiting, diarrhea, hives, etc.
- Numbness or paresthesia that continues day(s) after surgery.

EMERGENCY TELEPHONE NUMBERS:

Sage Dental	604-882-9116 During office hours
Dr. Kara	604.782-9915
Langley Memorial Hospital	604-514-6088 Emergency
Surrey Memorial Hospital	604-581-2211 Emergency