

Champlain Valley Oral & Maxillofacial Surgery
South Burlington, VT

After Placement of Dental Implants

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please review the written instructions provided to you at the time of surgery. If you then still have questions, please call our office.

Swelling

Swelling is a normal occurrence after surgery. It may be 2/3 days before it reaches it's peak. To minimize swelling, apply an ice pack to the cheek in the area of surgery. Apply the ice pack for at least 20 minutes at a time, as frequently as possible, for the first three days.

Diet

Drink plenty of fluids. Do not use straws. Avoid hot liquids or food for the first 24 hours following surgery. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. A medication may be prescribed for severe pain. The prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

Antibiotics

If prescribed, be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Good oral hygiene is essential to good healing. Avoid rinsing for 24 hours to allow clots to form. The day after surgery, warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas.

118 Tilley Drive, Suite 102 • South Burlington, VT 05403

Phone: (802) 862- 9196 & (877) 447-0291

<http://www.cvoms.com/>

Champlain Valley Oral & Maxillofacial Surgery
South Burlington, VT

If a medicated rinse has been prescribed, (Peridex, chlorhexidine), please take as directed.

Activity

Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising.

Wearing your Prosthesis

Partial dentures, flippers, or full dentures should be worn as instructed.