

OLIVER DENTAL IMPLANTOLOGY

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POST OPERATIVE CARE AFTER IMPLANT SURGERY

GENERAL INSTRUCTIONS:

You may expect some swelling after your dental surgery, regardless how minimally invasive. Swelling is a part of the natural healing process and may last several weeks. Swelling depends on the nature and extent of your surgery. Fair skinned, or individuals who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure site. You should not experience severe discomfort. Any discomfort you may experience should be controlled with proper medication.

WHEN YOU SHOULD NOTIFY THE DOCTOR:

1. If active bleeding continues after 3-4 hours of applied pressure to the surgical site.
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If numbness persists after the initial day of surgery.
4. If pain or swelling increases after the third day.
5. If bleeding has not decreased after two days.
6. If sutures or stitches become loose or dislodged prior to the third day or if an implant becomes loose.
7. If an implant fractures.
8. If you have any symptoms which may indicate a reaction or allergy to medications, such as a) skin rash, b) hives, c) elevated temperature, d) increased and/or erratic heart rate, e) nausea/vomiting, f) dizziness/faint or g) blurred vision.
9. If your body temperature, measured orally, exceeds 101 degrees F.

Please notify Dr. Oliver (after hours, call 682-738-6335) if you have any questions or if any of the above applies to you.

Bleeding

To slow and prevent bleeding, bite with light pressure on a gauze pack that has been placed over the surgical site (if applied by your doctor). Pressure should be applied in 30-minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process.

If the bleeding persists, without slowing for several hours, apply a **moist** tea bag wrapped in gauze and repeat the step above. The Tannic Acid in the teas will assist in controlling the bleeding.

If active bleeding is still occurring after 5-6 hours, and the above measures have been taken, call the office immediately.

DO NOT exercise, use physical force or enter stressful situations for the five twenty-four hours or until the medication and process allows. This will increase your heart rate and blood pressure. This also has an adverse action on the body's natural healing processes.

DO NOT operate heavy or hazardous equipment for the first-twenty hours or until the prescribed medication and natural healing processes allow.

Follow the additional instructions provided those are pertinent to the particular medications that your doctor has prescribed for you.

Swelling

Apply cold packs at fifteen-minute intervals to reduce swelling. After seventy-two hours heat will relieve it. Swelling is a part of the body's healing process and can be expected for three days to several weeks depending on the nature and extent of the surgery. After seventy-two hours heat may be applied to the swelling. Heat will increase circulation and aid in the healing process.

Dietary Needs after Surgery

DO NOT try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly bite yourself.

DO NOT use a straw when consuming liquids. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.

A nutritious diet throughout your healing stage is most important to your comfort and healing. Hungry people become irritable and less able to deal with discomfort that can follow surgery. Since you will be taking medication, it is important to know that food in the stomach can prevent nausea sometimes associated with certain medications.

Milk, along with cooked cereals, scrambled eggs, cottage cheese and milk toast are recommended for the initial day following surgery.

Soups, broiled fish, stewed chicken, mashed potatoes and cooked vegetables can be added to your diet as your comfort indicates. Do not eat sticky or hard foods.

Nutritional supplements such as Ensure or Yogurt supply excellent added nutrition. These are especially indicated if other soft foods are not consumed.

Liquids

DO consume liquids immediately and prior to taking any pain medication. This will help prevent nausea and upset stomach and expedite the medications' effects.

Post-Operative Instructions

The following is a list of general instructions following surgery.

These general instructions are designed to minimize your post-operative discomfort and inform you of situations which can and may arise.

DO NOT rinse until the day following surgery. Then dissolve ½ teaspoon of salt in a glass of warm water, and GENTLY rinse three times a day. Be sure to remove any oral appliances before rinsing.

DO NOT over exercise. This may cause the heart rate and blood pressure to increase and may cause bleeding to increase.

DO NOT SMOKE. If you smoke, your implant(s) will likely fail.

REMEMBER:

Rest – and plenty of it

Cold – cold compresses on the swollen area

Pressure – Light pressure on the area with sterile gauze if bleeding is present

Elevation – Elevate your head whenever you lie down. Two to three pillows are usually sufficient.

Post-Operative Medication

1. If an antibiotic is prescribed during treatment, you should take the medication exactly as described on the prescription to completion.

2. If you were sedated for surgery, do not drive or operate heavy equipment, do not work around machinery, and do not climb ladders or work at unprotected heights for twenty-four hours or until the effects of sedation have vanished.
3. Do not consume alcoholic beverages until the healing process is complete and while you are under medication.
4. Do not exceed the prescribed and recommended dosage. Take only the medication as directed on the prescription.
5. Notify us if you have any symptoms that may be related to an allergic reaction. If you cannot reach your doctor immediately, call 911. Have the prescribed medication with you so you can discuss the matter with emergency personnel.
6. Beginning the day following surgery, you may begin using a prescription mouth rinse, following the directions on the bottle. If no prescription was given, dissolve ½ teaspoon of salt into a glass of warm water. Gently rinse three times a day. Remove any oral appliances prior to rinsing.