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## Implant Surgery Instructions

### Before Surgery:

1. Limit alcohol consumption starting two days before surgery.
2. Have all your prescriptions filled and follow the instructions on medications prescribed for your surgery.
3. Have ice packs on hand.
4. Have soft high protein foods and plenty of liquids on hand. (For example: yogurt, eggs, cheese, fish, etc)
5. Get a good night's sleep the night before your surgery.
6. If there are any questions about your medications, be sure to call us or bring in your medications to your surgical appointment, so we can further assist you.
7. Your comfort is our priority. Wear comfortable clothing the day of your surgery. Bring your favorite movie DVD's, audio, or video iPod to your appointment for your relaxation during your appointment.
8. If you are taking any oral sedation or narcotic pain medications (Halcion or Darvocet, for example), please be sure you have a ride to our office and back home. Avoid driving or operating heavy machinery for 24 hours following surgery.
9. On the day of surgery, be prepared to take the remainder of the day off, so you can go home and rest as necessary. In most cases, we anticipate our patients to be able to resume their work the following day.

## After Surgery:

1. Take your medications as directed.
2. You will need to apply ice packs to the outside of the face at the area of the surgery sites. The preferred method is 5 minutes on and 5 minutes off. Do this for one hour, then rest for one hour, and continue for the next 24 hours during waking hours.
3. Do not go on a “liquid diet.” Avoid heated foods for the first 24 hours after the surgery. Room temperature and cold foods are okay.
4. Do not rinse, spit, or suck through a straw for the first 48 hours after the surgery. This will cause bleeding and prolong healing.
5. During the first 24 hours, elevate your head when lying down. Additional pillows under your head will help to control bleeding. You may have the taste of blood in your mouth. This is normal.
6. Do not exercise for at least 48 hours. In some cases, more than 48 hours may be necessary to avoid pain and swelling.
7. Brush and floss normally in all other areas besides the surgical sites.
8. You may resume eating heated foods after 48 hours. You may want to stay on a relatively soft diet for a couple more days. Avoid chewing on the surgery sites.
9. Minor swelling and bruising may occur on the second day after your surgery. Application of heat to the outside of the face at the area of the surgery site is recommended after about 48 hours.
10. Do not attempt to look or explore inside the mouth at the surgery sites. This may cause the tissue to tear. Avoid electric or sonic toothbrushes for one month following your surgery.
11. About 48 hours following surgery, start rinsing with the anti-bacterial mouthwash which we will provide for you at the time of surgery.
12. Discontinue your medications, only if, you experience any allergic reactions, and seek medical attention immediately by contacting our office, or the emergency room of a local hospital, if necessary.
13. If you experience excessive pain, swelling, or excessive bleeding, please call our office at 408-377-5134.

# Summary:

## 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 call for further instructions.

### Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, as often as possible, for the first 48 hours.

### Diet

Drink plenty of fluids. Do not use a straw. Avoid hot liquids or food. 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, one to two Tylenol or Extra Strength Tylenol may be taken every three to four hours. Do not take more than 4 grams of Tylenol per day. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets. Two to three tablets may be taken every four to six hours as needed for pain. 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

You may be given a prescription for antibiotics. Be sure to take the antibiotics as directed to help prevent infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call our office if you have any questions.

## Oral Hygiene

Good oral hygiene is essential to good healing. Dr. HagShenas may prescribe an antibiotic rinse (Chlorhexadine, Periogard, or Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day will cause staining of your teeth. Be sure to rinse for at least 30 seconds then spit it out. Warm salt-water rinses (one teaspoon of salt in a cup of warm water) should be used at least four to five times a day, as well, especially after meals. Brushing your teeth with the healing abutments is not a problem. Be gentle initially when brushing the surgical areas.

## Wearing Your Prosthesis

Partial dentures, flippers, or full dentures should be worn as directed by your doctor.