

**Post-Operative instructions for patients undergoing an Implant or Implant Uncovering:**

**Day of Surgery**

- To help stop the bleeding, place a piece of moist gauze, folded in fourths, over the area the implant was placed. Apply firm but gentle pressure to the gauze by biting down on it. Try to leave the gauze in place for 45 minutes to one hour at a time before changing it. If bleeding persists for more than three to four hours, try biting on a tea bag steeped in warm water.
- Swelling is often associated with oral surgery. It often increases for the first 2–3 days. It can be minimized by using a cold pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.
- Begin eating soft foods that require little chewing. If implants were only placed on one side of the mouth use the other side for chewing. As chewing becomes more comfortable gradually return to your normal diet.
- Avoid drinking from straws, heavy swishing or spitting, using water picks or electric toothbrushes.
- **DO NOT SMOKE** for one week following surgery.

**Morning after Surgery**

- Beginning the morning after surgery, rinse with the prescription mouthwash each morning and night until half the bottle is gone. Reserve the remainder for use after your implant uncovering.

**One Day after Surgery**

- Begin warm salt-water rinses three to four times a day for one week. Mix 1/4 teaspoon salt in 8 ounces warm water. Hold a mouthful over the implant for 30 seconds. Then allow the water to fall from mouth. Repeat until the 8 ounces is gone. It is important to rinse with the salt water first in the morning and at night, followed by the prescription mouthwash.

## **ATTENTION**

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office at 757-499-6886. Hours are Monday through Thursday from 8 to 4:30 (8 to 3 on Friday).

A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.

**NOTE:** Calls for Narcotic (pain) medication refills are **ONLY** accepted during office hours.

# OST



## Oral Surgery of Tidewater