

POSTOPERATIVE INSTRUCTIONS – Dental Implants with Immediate Implant Teeth

Bleeding

Slight bleeding for a number of hours or days after surgery is not unusual. Many patients think they are bleeding more than they actually are as the blood mixes with their saliva creating greater fluid volume. Holding ice water in your mouth can be used to control minor bleeding. If there is excessive bleeding or the bleeding continues call the office or the treating doctor's cell phone for further instructions. You may need to return to the office for surgical care.

Pain

You will likely have pain in the surgical site for 2 to 5 days and possibly longer. It is better to take the pain medication on a regular time schedule and prevent it rather than trying to relieve acute pain. See the postoperative instruction sheet on "Medications" for more details on pain medications and pain management. If the pain medications are not adequately controlling your pain please call the office or the treating doctor's cell phone. Do not drive, work or operate machinery if you take the narcotic pain medication (hydrocodone). Limit your activity the first few days. Trying to do too much too fast increases your swelling which increases your discomfort.

Swelling

Swelling after oral surgery is expected. Swelling typically peaks on the 3rd day after surgery and then slowly decreases over time. To minimize initial swelling apply a cold pack to the face next to the operated area (from our office, zip-loc bag with crushed ice, or frozen peas). Keep the cold pack on for 10 minutes, then off for 10 minutes. Repeat this cycle the rest of the day. If you lay down use a pillow to elevate your head. As noted previously the more active you are the more swelling you can expect. You should not exercise for at least 1 week. Increasing your heart rate will cause more bleeding and swelling. Bruising may also occur after oral surgery. In some cases gravity will cause the bruising to extend into the neck and chest. This is not common but is normal. Applying a heating pad can accelerate resolution of the discoloration.

Dental Implants for Immediate Implant Teeth

The dental implant is an artificial tooth root that becomes anchored in the jaw bone over time after bone healing. Immediate implant teeth can be an option if you have adequate jaw bone and the bone is good quality (dense). If the dental implants are firmly anchored the day they are placed we may be able to offer fixed (non-removable) temporary teeth attached to the implants the same day as surgery. This has been termed "Teeth in a Day" or "Immediate Implant Teeth". In some cases the bone is too soft or the dental implants are not stable in the bone. In this situation we have to let the dental implants heal protected under the gum tissue until they are healed and anchored by the bone. Our

office will provide you with a temporary denture in this case for use during the implant healing period.

DO NOT SMOKE OR VAPE! Any smoking will compromise your healing and increase the risk of implant failure. If you smoke and the implant(s) fails then you alone are responsible for the complication. Discuss undergoing a smoking cessation program as the risk of complications is too high. Do not pull on your lip to examine the surgical site as you can loosen the sutures. Do not brush around the surgical site and avoid vigorous rinsing and spitting for 2 weeks after surgery. Use the prescription rinse for 30 seconds starting the day after surgery and continue for 2 weeks. After 2 weeks you can begin to use a soft toothbrush to brush along the gumline below the temporary teeth. You can put the toothbrush under hot water to soften the bristles if brushing is uncomfortable.

Diet

During the first two weeks avoid foods that can cause trauma to the surgical site such as popcorn, chips, nut and seeds. Increase your fluid intake following surgery and maintain a softer diet. Avoid carbonated beverages (soda) and hot drinks (coffee/tea) for one week as this can dissolve the blood clot. Stay hydrated with water or juices. Avoid the use of a straw for 2 weeks. A soft non-chewing diet is recommended for 2 to 3 weeks until the incision has healed. Soups and stews are great for getting all the nutrients you need without putting too much stress on your teeth. Select soft fruits such as strawberries, kiwis, avocados, blueberries, raspberries and bananas. You can mix these fruits with yogurt or cottage cheese. Shredded chicken, fish and eggs are good sources of protein. Chop food into smaller pieces or use a blender to puree your food. A daily multivitamin is also advised. Thorne is a quality company and brand for supplements. Google search – “Thorne Multi-Vitamin Elite” for ordering and delivery. For bone healing we recommend taking a Vitamin D3 supplement. It should also contain K2. Bettervits (<https://bettervits.com>) is a highly rated Vitamin D supplement that also contains K2. Food supplements and meal replacement shakes with protein may also be considered. The following companies provide shakes that have been highly ranked by nutritionists – Kachava, Biome Secret, 310 Nutrition, and Huel Black Edition. Simply Google the company name to order the product. During the 2 to 4 month implant healing period do not use the temporary teeth for biting into foods. Cut your food into smaller pieces so you do not need to bite it off. **DO NOT** eat hard, tough or chewy foods with your temporary implant teeth. Avoid eating raw apples, dried fruit, raw vegetables, hard bread/bagels/pretzels/pizza crust, crunchy foods, dense meat (steak), chewing ice or chewing gum. If the temporary teeth crack, break or loosen from using them improperly to eat harder foods, the implants will fail to anchor in the jaw bone. In this case you alone are responsible for this serious complication.

NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:

If your temporary implant teeth crack, break or loosen - EMERGENCY!

If you have any pain with biting and chewing on your implant teeth

If your pain or swelling increases after 3 to 5 days

If the numbness after the surgery does not wear off by the following day

If you notice any bad taste, pus or drainage from the surgical site

If you notice acute redness of the skin adjacent to the surgical area

If the sutures become loose or dislodged. Do not remove them yourself!

If you have any sign of a drug reaction or drug allergy (see medication instructions)

If you develop a fever (temperature > 100 degrees)

Pain from your surgery is not controlled by the medications

If you develop nausea that prevents drinking adequate fluids or maintaining a normal scheduled dietary intake.

You develop persisting diarrhea from the antibiotic

If you have any questions or concerns not discussed in these instructions we welcome any questions to help you understand your treatment.

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