

POSTOPERATIVE INSTRUCTIONS – Dental Implant Surgery

Bleeding

Slight bleeding for a number of hours after oral 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 also 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. Please refer to the postoperative instruction form on "Medications" for more detailed instructions on pain medications and pain management. If the pain medications are not adequately controlling your pain please call the office or the treating doctors 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. In some case we may have you return to the office to evaluate the cause of your pain. We may also administer local anesthesia to numb the area and break the pain cycle.

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 normal. Applying a heating pad can accelerate resolution of the discoloration.

Dental Implant

The dental implant is an artificial tooth root that becomes anchored in the jaw bone after healing. The implant may heal submerged under the gum or with a temporary healing abutment (healing screw) that heals above the gum. Occasionally the temporary healing abutment may loosen and fall out during the healing period. If this happens call our office promptly so we can reinsert the part back onto the implant before the gum closes. It is best to avoid wearing your denture or removable temporary teeth for 2 weeks until the

sutures are removed and the incision is healed. You can discuss with your doctor further instructions about wearing your teeth at the postoperative visit. **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. Implant failure causes bone loss. Studies also show a lower success rate for dental implants placed again into a failed site. You may not be a candidate for another try at placing a dental implant. Discuss undergoing a smoking cessation program as the risk of complications is very 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. Use the prescription rinse for 30 seconds starting the day after surgery and continue for 2 weeks. A soft non-chewing diet is recommended for 2 weeks until the incision has healed. See the section on “Diet” for more detailed instructions.

Diet

Increase your fluid intake following surgery and maintain a softer diet. Avoid carbonated beverages (soda) and hot drinks (coffee/tea) for at least one week as this can dissolve the blood clot. Stay hydrated with water or juices. Avoid the use of a straw for 2 weeks. It may be difficult to chew and open your mouth following surgery. You can use moist heat or a heating pad on the jaw muscles for comfort. Non-steroidal anti-inflammatory medication (ibuprofen) can also help with jaw muscle soreness. A nutritious diet is important for you healing. 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. Protein intake helps with your healing and recovery. Avoid foods that can cause trauma to the surgical site such as popcorn, granola, chips, nuts and seeds.

NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:

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 pus or drainage or bad taste 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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