

Post-Operative Instructions for Implants

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects.

FOR THE REMAINDER OF THE DAY:

- 1) Do not spit. Use a tissue to wipe your mouth as needed or swallow your saliva.
- 2) Do not use a drinking straw. Drink straight from the cup.
- 3) Do not smoke.
- 4) Keep fingers and tongue away from the surgical area.

Spitting, the use of a straw, smoking, and poking can dislodge the blood clot that is forming, and will cause bleeding from the area. Also, Smoking can increase the chances of an infection.

FOR BLEEDING:

Some minor bleeding is expected after implant surgery. It will usually subside quickly, and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours, Upper implants may occasionally trigger some bleeding from the nose, this is normal and will stop quickly.

- 1) Keep gauze on the surgical area with some pressure for 30 to 45 minutes.
- 2) Remove the gauze after 30 to 45 minutes, and replace it with a new piece of gauze if you are still bleeding. It is important to make sure the gauze is directly on the surgical site. Firm pressure for another hour should stop the bleeding.
- 3) If you find that this is not working after your third attempt, use a moistened tea bag instead of the gauze. The tannic acid in tea will help to form a clot, and stop the bleeding.
- 4) If all else fails, call the office.

FOR SWELLING:

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe, and is different for every patient. The swelling will get bigger for the first 24 to 48 hours before it starts to go away. It may last for several days to one week. Some bruising may also develop on the face.

