

# Pre and Post Operative Instructions For Implant Surgery

Any surgery, no matter how minor, can affect your body in many ways. You must advise the doctor of all changes in medication and/ or health since your last visit. If you are taking any premedication, be sure to follow instructions on the label. Get a good night's rest. Ask any questions you are concerned about before the procedure.

**1. BLEEDING:** Some slight bleeding may occur during or following the implant placement procedure and your doctor may place gauze in your mouth. Leave the gauze in place for at least one hour, do not change the gauze or remove it to check for bleeding, as continuously removing this may cause you to lose the blood clot forming and have continued bleeding. If a dental prosthesis has been inserted, do not remove it for any reason until you have been seen in the office.

**2. ANESTHETICS:** The doctor will use anesthetic while placing the implant. How long the effects of the anesthetic will last vary from patient to patient and depend on how much and what type is used but typically should not last more than a few hours. Avoid eating anything until after the anesthetic has worn off to prevent yourself from accidentally biting your cheek, tongue or lips. Avoid hot foods and liquids for the first 24 hours.

**3. MOUTH RINSING:** Prior to your appointment we will prescribe Peridex mouth rinse and an antibiotic to you. Begin the Peridex rinses 3 days before your appointment and rinse at least 2 times per day. After your procedure, vigorous mouth washing may disturb the surgical site. **DO NOT RINSE FOR 24 HOURS AFTER YOUR PROCEDURE.** The day after your procedure, continue your PERIDEX rinses gently at least two times per day until gone. Do not rinse with over the counter (OTC) mouthwashes. You may gently brush the teeth that are not close to the area of surgery -- DO NOT VIGOROUSLY SPIT.

**4. SWELLING:** You may have some swelling. To help minimize ordinary immediate postoperative swelling, apply an ice pack to the face over the operated area (15 minutes on- 15 minutes off) FOR THE FIRST DAY ONLY. If the swelling persists the second day, discontinue the ice pack and begin the warm moist heat.

**5. DIET:** It is important to maintain a good diet but DO NOT BITE OR CHEW ON THE SIDE THE IMPLANT WAS PLACED AT ALL; it takes 6 weeks for the implant to begin to fuse to the bone and any pressure before that may loosen the implant. A liquid to soft diet is advisable for the first two days (See handout). When you begin a soft chew diet, do not chew on the implant area. You should drink plenty of fluids (6 to 8 glasses per day). Avoid hot liquids and alcoholic beverages for the first 24 hours.

**6. MEDICATION:** Prior to your appointment we will prescribe Peridex mouth rinse and an antibiotic. Begin the Peridex rinses 3 days before your appointment at least 2 times per day. Begin taking antibiotics 3 days before your appointment as directed on the bottle. You will continue doing the Peridex rinses at least 2 times per day until directed otherwise. **CONTINUE TAKING ANTIBIOTICS UNTIL GONE.** DO NOT drink alcohol with any medication. Please call us if the medication does not seem to be working, causes unmanageable side effects, or if the directions on the bottle seem different than what we discussed.

**7. SUTURES AND DRESSINGS:** Depending upon your surgery, you may have several "stitches" and/ or protective dressings. Sutures generally need to stay in place 3 to 5 days. If they become loose or fall out before that time, please call our office. Some sutures are resorbable, some are not. DO NOT TOUCH or play with them. Return to our office for removal as scheduled.

**8. ACTIVITY:** Do not smoke for 2-3 days following implant placement. Forceful spitting and excessive physical activity tend to increase and prolong bleeding, as does bending over and picking up objects. A semi-reclining position and rest for the first few hours are recommended. Avoid strenuous activity the first 24-48 hours after implant placement.