**After Implants & Bone Grafting**

Be careful! Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gum tissue.

**Immediately Following Surgery**

* The gauze placed over the surgical area should be kept in place for 30 minutes. After this time, the gauze should be removed and discarded.  You may be instructed not to use gauze or place any pressure in the surgical site as to not disturb the bone graft if placed.
* Hydrate and get some nutrition in your system. Hold off on chewing while the lower jaw is still numb.
* Take your medications as soon as you have eaten something.
* Place ice packs for 20 minutes.
* Restrict your activities the day of surgery and resume normal activity when you feel comfortable which may be few days.

**Bleeding**

Minor bleeding is to be expected followed by oozing which may continue throughout the night. This is normal and should not be cause for alarm. If you can use gauze, place a folded piece of clean moist gauze over the bleeding area and maintain pressure for 30 minutes with the head elevated. If there is concern, please call our office.

**Swelling**

Swelling is normal may become noticeable the day following surgery, reaching its peak ~3 days after surgery. Swelling may be minimized by the immediate use of ice packs for 20 minutes on and off for 36 hours. After 36 hours, moist heat may used. If the jaw muscles are stiff and sore limiting opening, stretch those muscles by holding your mouth open for 20 seconds, then massage those muscles in your cheeks. Swelling may not be the same on both sides. If difficulty with swallowing occurs, please contact our office.

**Pain**

As the numbing medicine wears off, discomfort will set in. It usually will increase over the first three days as swelling increases. Anti-inflammatories (if tolerable) and ice packs minimize swelling which minimizes pain. Generally, we recommend taking an anti-inflammatory, ibuprofen at the same time as taking Tylenol, if not tolerated alternative medications will be discussed. You will hear us use a term **“4-5-6”** which is ibuprofen 400mg taken with Tylenol 500mg every 6 hours. An alternative pain medication will be prescribed as a backup. If it is Tylenol 3, this would be taken with the ibuprofen in place of the plain 500mg Tylenol. Keep a log of when you take medications and the dosage, you want to stay below the maximum recommended dose of 3200mg of ibuprofen and 3000mg of Tylenol in a 24-hour period. Pain should be decreasing after the 4th day, if not contact us. Discomfort is usually not the same on both sides, which is OK. Smoking will cause increased pain and increased risk of implant failure.

**Diet**

Remove the gauze before you eat and drink, replace afterwards only if needed. As mentioned, do not chew food until the numbness has worn off so you do not bite your tongue, cheek, or lip. Most people will select soft foods that require minimal chewing effort. Stay hydrated, at least six 8oz glasses of water should be taken daily. You will feel better, have more strength, less discomfort and heal faster if you continue to hydrate and nourish.

**Keep the mouth clean**

You can brush your teeth and gently rinse the day of surgery. Be cautious around the surgical sites but do your best to keep your mouth clean. Teeth adjacent to the implant site need to be kept clean. The day after surgery you should begin rinsing at least 3-4 times a day, usually after eating. Prepare and use a cup of warm water mixed with a half teaspoon of salt. Do not use commercial oral rinses unless told to do so as these may be harsh on healing surgical sites. Warm salt water is ideal but even plain water is better than nothing. Keep up with the hygiene (brushing and rinsing) after each meal even if it is sore, the alternative is worse.

**Antibiotics**

Not everyone needs them. If you were written for an antibiotic, take them as prescribed. Discontinue antibiotic use in the event of a rash or other unfavorable reaction and contact our office.

**Other Concerns**

* If numbness of the lip, chin, or tongue occurs there is no cause for alarm. This is most likely due to the close relationship between your lower teeth and the nerve in the lower jaw. As discussed in the consultation before surgery, this is usually temporary in nature. Call our office if you notice any altered sensations after the first week of surgery.
* Do not wear your prosthesis (denture, flipper, etc...) for 2 weeks unless told otherwise by Dr Lussier or your restorative dentist.
* Sutures may be placed. Some will dissolve on their own after the 1st week. Some will need to be removed 2-3 weeks after surgery at your follow-up appointment.
* The pain and swelling should subside more and more each day following the 3rd day after surgery. If not, please call our office.
* If your surgery was around the sinus in the upper jaw, we may have you on sinus precautions which will be on a separate instruction sheet.
* Follow these instructions and contact us if you still have questions.