



POST-OPERATIVE INSTRUCTIONS: AFTER IMPLANT PLACEMENT/EXTRACTIONS/EXTRACTIONS WITH BONE GRAFTING

The following instructions outline your day-by-day recovery following implant placement, extractions, extractions with bone grafting and periodontal gum surgery.

FIRST DAY

On the car ride home, keep the gauze in your mouth that we placed following surgery. When you get home, remove the gauze and eat a small meal and 2-3 glasses of water. Take your first dose of pain medication and antibiotics (if given) at this time.

MEDICATION INSTRUCTIONS:

- Take Ibuprofen or Advil 600 mg (equal to 3 tabs of over-the-counter Ibuprofen or Advil) every 4-6 hours.
- Please take it as instructed, whether the area hurts or does not hurt!!! **DO NOT exceed 2400 mg (12 tabs) in a 24-hour period!!!**

OR

- Take Extra Strength Tylenol 1000 mg (equal to 2 tabs of over-the-counter Extra Strength Tylenol) every 4-6 hours. **DO NOT exceed 4000 mg (8 tabs) in a 24 hour period!!!**
- **You may alternate Ibuprofen and Tylenol for better pain coverage.**

AVOID OVERDOSE! If and when you are taking Vicodin / Tylenol #3/ Percocet / Tramadol, please only take 1 tab of Extra Strength Tylenol. These prescription medications contain Tylenol.

You may have been given a prescription for a stronger pain reliever. This may be filled at any pharmacy if the over-the-counter pain medication does not relieve your discomfort. **If Vicodin / Tylenol #3 / Ultram / Percocet is too strong, you can cut the pill in half. Please do NOT drive or operate heavy machinery while you are taking Vicodin / Tylenol #3 / Ultram / Percocet.**

- An antibiotic may have been prescribed to prevent or minimize infection. Please take the antibiotics as instructed until all tablets / pills are finished.

EATING AND HYGIENE

- Each meal should consist of bland, soft foods that do not require chewing. Your lips and tongue will be numb and can be traumatized by hot foods and vigorous chewing. Following your first meal, place a new damp piece of gauze over the extraction sites only if there is continued bleeding. If there is no bleeding, no gauze is needed. You should be eating 5-6 small meals per day and drinking 2-3 glasses of water per hour.
- Get plenty of rest. Plan on resting with your head elevated on 2 or 3 pillows.
- A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery.
- Place Vaseline on your lips if they are dry.
- Gently brush with warm water (avoid toothpaste) around the surgical site and lightly rinse with warm saltwater. Do not spit – allow the rinse to drip out of your mouth and then wipe off your lips.



POST-OPERATIVE INSTRUCTIONS: AFTER IMPLANT PLACEMENT/EXTRACTIONS/EXTRACTIONS WITH BONE GRAFTING

SECOND DAY

- You will likely still be swollen and have mild to moderate pain.
- Start a soft food diet (any food you can cut with a fork). Continue drinking plenty of fluids.
- Continue oral hygiene care similar to day 1.
- Take your medication as prescribed.
- Avoid vigorous activity that elevates your heart rate.
- Use Perioscience gel 3-4 times per day as instructed and continue until site is completely healed.

THIRD & FOURTH DAY

- You will likely still be swollen and have mild to no pain.
- Advance your diet as tolerated.
- You may start brushing with toothpaste, flossing.
- Continue to avoid vigorous rinsing, sucking or spitting.
- Start using the Chlorhexidine oral rinse.

FIFTH DAY & 6TH DAY

- Swelling may be present but will be significantly decreased. It may take up to 2 weeks for all the swelling to resolve.
- Return to normal diet and activity as tolerated.

AFTER THE 7th DAY

- Return to normal activity.
- You may feel a small metal protrusion or “cap” over where the implant was placed. This is normal and Dr. Mia will let you know after the surgery whether you will feel the cap or not.
If you do not already have a two week follow up visit scheduled, please call us at (703) 323-1300 for an appointment.

TO STOP EXCESSIVE BLEEDING:

1. Apply damp (not soaked) gauze over the extraction site(s) and bite down with firm but gentle pressure for 30 minutes.
2. Check for bleeding.
3. If continued bleeding, replace with a new piece of damp gauze and hold pressure for 30 – 60 minutes.
4. Check for bleeding again.
5. If bleeding continues, place a wet teabag over each extraction site and bite down for 30 minutes.
6. Check for bleeding again.
7. Repeat with a new teabag one more time.
8. If excessive bleeding continues, call Dr. Mia on her cell phone (703) 835-0955.

Normal conditions for the first 72 hours after surgery

- Swelling of the cheeks
- Difficulty opening the mouth
- Mild sore throat or slight earache



POST-OPERATIVE INSTRUCTIONS: AFTER IMPLANT PLACEMENT/EXTRACTIONS/EXTRACTIONS WITH BONE GRAFTING

- Tenderness of the teeth near the extraction site
- A temperature of up to 101 degrees
- Dry lips or cracking of the corners of the mouth
- A small bruise or mild pain may develop at the IV site if you had IV sedation.
- Mild oozing/bleeding from the extraction sites
- A small nosebleed that resolves with pressure.

AVOID the following activities:

- Sucking, spitting or rinsing vigorously for the first 3 days
- Smoking or tobacco use for the first week
- If you must use a straw to drink, avoid viscous fluids like a thick milkshake – only gently use a straw with clear, thin liquids

CALL THE OFFICE if the following symptoms occur:

- Bleeding that does not stop with pressure or is completely soaking the gauze and filling up the mouth with blood within minutes
- Nausea and vomiting that has persisted for more than 24 hours
- Severe pain that interrupts sleeping, eating and restful recovery
- Extreme, severe swelling that involved the neck and affects breathing
- Fever greater than 101 degrees that persists for longer than 72 hours
- A rash on the skin that occurs after taking the medication or eating any foods
- Numbness to the lower lip, chin and tongue that persists for longer than 24 hours