

# Post-Operative Implant Care

**BLEEDING:** Slight oozing for the first few hours after surgery is normal. Cold water held in the mouth will help slow bleeding, or you may put gentle pressure directly on top of the bleeding site with a piece of gauze (a moist tea bag works well also). A little bit of blood in saliva can appear to be more than it actually is. If bleeding becomes excessive and does not lessen, please call Dr. Hsu.

**SUTURES:** The surgical area may have a few sutures that may come out on their own in the next few days. Other sutures remaining will be removed by Dr. Hsu at the post operative exam.

**DISCOMFORT:** Please take 600mg of Advil/Ibuprofen every 6 hours for the first 4 days. This will aid in reducing the swelling and soreness at the site. If pain is more severe, the prescribed pain medication may be taken in addition to the Advil/Ibuprofen. Do not drive or operate heavy machinery with narcotics

**SWELLING:** For the first four hours an ice pack should be applied to minimize swelling. When using ice, apply for intermittent periods (10 minutes on and then 10 minutes off). These should be continued until adequate oral hygiene can be performed (see oral hygiene). Some swelling and bruising is normal. If the swelling seems excessive, please call the office.

**ORAL HYGIENE:** Please rinse with the prescribed Peridex or Chlorhexidine rinse 2-3 times a day for the first 1-2 weeks. Brush and floss uninvolved teeth regularly, starting on the second day after surgery. After a week, gently brush the surgical site to keep the area free of debris.

**DIET:** Maintaining adequate fluid intake is essential; to avoid dehydration. In addition, an adequate diet is essential for proper healing. In general, you should avoid extremely hot or cold foods for the first 24 hours following surgery. Hard foods, like chips as well as spicy and acidic foods should be avoided for the first week. Please try to chew on the opposite side of the surgical site and eat foods that are comfortable to you.

**EXERCISE:** We ask that you refrain from any physical activity both the day of the surgery and the day after surgery. Basically just take it easy.

**Smoking:** At minimal, refrain from smoking the first 3-4 days. Ideally, it is encouraged to discontinue smoking the first 2 weeks after surgery. Smoking decreases the blood supply to the surgical site and significantly lowers the body's ability to heal. All healing and best outcomes from surgery are dependent on this – so use your best judgment. The implant may have a higher chance of failure if smoking is continued.

**SENSITIVITY OF THE TEETH:** Your teeth will be sensitive to hot, cold, and possibly sweets. This sensitivity will slowly diminish and should be lessened in the next 3 weeks.

**APPLIANCES:** If you have been fitted with a temporary partial, it is very important that the appliance be passive over the Implant site. If you feel any pressure when wearing it, please leave it out until you can return to the office for an adjustment. It is important that no pressure or trauma is placed on the Implant area. Please refrain from wearing the appliance while eating.

**NOTE:** A healing abutment may have been placed over your Implant. There is a possibility this piece may become loose or even fall off. If this happens contact our office as soon as possible.

**EMERGENCY:** Please contact our office for any emergency type complications you may experience at 972.225.3382. If after hours, Dr. Hsu can be reached on her cell phone at 214.564.9131.



DFW PERIODONTICS

and

IMPLANT DENTISTRY

7200 STATE HIGHWAY 161, SUITE 210  
IRVING, TEXAS 75039  
972.255.3382

WWW.LASCOLINASPERIO.COM

731 E. SOUTHLAKE BLVD., SUITE 160  
SOUTHLAKE, TEXAS 76092  
817.809.4388

WWW.DFWPERIODONTICS.COM