

# Dental Implant Surgery

## Post-Op Instructions

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### Please Follow The Post-Operative Instructions Below

Sometimes the after-effects of surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office. Please note that there is no additional charge for your post-operative care in this office!

#### Bleeding

Some bleeding and oozing may be expected during the first 24 hours. Please keep firm biting pressure on the gauze pack over the surgery site for about one hour. Remove the gauze and then check the site for bleeding. If significant bleeding continues, a new gauze pack should be placed and firm pressure should be applied for one hour. Repeat as necessary. A tea bag can be used if your gauze supply runs low. Avoid vigorous chewing, spitting, or rinsing your mouth or sucking through a straw for 24 hours. Allowing the tissues to rest undisturbed assists the healing process. Avoid continually pulling at your lip to check the operative site.

#### Swelling

Depending on the procedure, you may or may not experience swelling. Swelling may be at a maximum about 2 or 3 days after surgery. To minimize swelling, an ice pack may be applied following the completion of your surgical procedure. Place the ice pack over the outside surgical cheek area 20 minutes on and 20 minutes off. Continue applying ice packs for the first 3 days following the procedure as regularly as possible. When resting or at bedtime, it is helpful to keep your head elevated with the use of 2-3 pillows to help reduce potential swelling.

#### Oral Hygiene

The day following your procedure, it is recommended that you begin rinsing your mouth with warm saltwater rinses (1 teaspoon of salt in a glass of warm water). Continue rinsing with the saltwater mixture approximately 3 or 4 times a day over the next few days following your surgery. Brush your teeth and gums as normal except be gentle in area where procedure was performed. Do not use a Waterpik® or like device or hydrogen peroxide rinses for at least 2 weeks following surgery. If so prescribed by your doctor, a chlorhexidine rinse may be used twice daily instead of salt water.

#### Diet

The day of your surgery, start with nourishing liquids and soft/colder foods, such as ice

cream, pudding, yogurt, etc. Avoid extremely hot foods, foods with sharp edges (chips, pretzels, etc.), and do not chew immediately over the surgery area. Avoid straws for the first 24 hours. Gradually return to your normal diet as tolerated.

### Activity

Limit physical activity during the first 24–48 hours after surgery. Overexertion may lead to post-operative bleeding and discomfort. When you lie down, keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid staining from any blood-tainted saliva.

### Smoking

It is advisable that you refrain from smoking for at least 5 days after the surgery, as this increases the risk of infection and may delay healing.

### Alcohol

Do not consume alcohol while taking prescription pain medications. Alcohol has a prejudicial effect on our healing response. It is recommended to refrain from the consumption of alcohol following surgery.

### Pain

Initially, you may have some discomfort. Tylenol® or a non-steroidal anti-inflammatory (ibuprofen, Advil®, Motrin®, or Aleve®) may be used for pain. The pain will gradually diminish. If medication was prescribed, use it according to the directions as needed. Make sure you get some type of food or a drink in your stomach before taking your prescription pain medication, as otherwise, it can make you feel nauseated.

### Antibiotics

If an antibiotic has been prescribed, remember to take the antibiotic as directed until completed. Please alert the office should you develop sensitivity. It is generally recommended not to take antibiotics on an empty stomach, as nausea may develop. If antibiotics are prescribed for your planned surgery, please consult with the office regarding the timing of taking the antibiotics and other prescribed medications.

For women currently taking birth control pills, be advised that antibiotics can interfere with the effectiveness of oral contraceptive medication. It is recommended that you consider other contraceptive options for the following month.