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Implant Post Operative Instructions

After dental surgery you may expect swelling, bleeding, bruising and discomfort. Ensuring rapid recovery from oral surgery to a large extent depends on your home care. It is very important that all instructions be followed correctly.

Do Not:

- ❖ Work 24 hours after surgery.
- ❖ Drink from a straw or rinse for 24 hours.
- ❖ Rinse vigorously the first week after surgery.
- ❖ Attempt to eat until your anesthetic wears off.
- ❖ Exercise, use physical force, enter stressful situation for 48 hours.
- ❖ Operate heavy or Hazardous equipment for 48 hours.

A minimum of twice yearly professional maintenance is required for optimum health of your implant.

Healing: Do not disturb the surgical site by touching it with your fingers, toothpick, tongue or by pulling lips and cheeks. These interactions could result in irritation, bleeding, and infection. The blood clot which forms over the area is the body's natural healing method and should not be disturbed.

Bleeding: To help control bleeding bite with a light pressure on a gauze square placed over the surgical area. Pressure should be applied in 20 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clot process. If bleeding persists and does not let up you can apply a moist tea bag wrapped in gauze for several hours in 20 minute intervals. The Tannic Acid in the tea will assist in controlling the bleeding. Herbal teas do not have Tannic Acid. If profuse bleeding continues after following these instructions please call the office.

Swelling: Apply an ice pack in 15 minute intervals to reduce the swelling. Swelling is a part of the healing process and can be expected for 3 days to several weeks depending on the nature and extent of the surgery.

Home Care: It is important to keep the area as clean as possible without disrupting the surgical site. Use a soft toothbrush and do not floss near the sutures, also avoid brushing the incision area for 2 weeks unless otherwise instructed.

Diet: It is important to follow a soft diet after surgery until otherwise advised. A nutritious diet throughout the healing stage is important.

PLEASE NOTIFY THE OFFICE IF THE FOLLOWING OCCURS:

- ❖ If pain or swelling increase after 4 days.
- ❖ If sutures become loose or dislodge before 3 days.
- ❖ If you have any symptoms which may indicate an allergic reaction.
- ❖ If your body temperature becomes higher than 100 degrees orally.
- ❖ If the medication DOES NOT relieve your discomfort.
- ❖ If ANYTHING unusual occurs PLEASE notify the office.

IMPORTANT

Please notify the office if you have any questions, we are concerned with your recover. Most often a single explanation can resolve the situation and free you of any worry. Any questions please contact the **emergency number at 810-333-2576**, and leave a message and someone will get back with you shortly.