



IMPLANT SURGERY
HOME CARE INSTRUCTIONS

Swelling, discomfort, stiffness and a small amount of bleeding following oral surgery is normal and expected. By following these instructions all of these can be kept to a minimum.

1. Avoid smoking for at least 48 hours post-operatively. Smoking will promote bleeding and interfere with healing.
2. Avoid hot liquids or hot foods for 24 hours post-operatively. It is very important to drink plenty of fluids.
3. Do not spit or drink through a straw. This will promote bleeding and may dislodge the blood clot delaying normal healing process. Do not rinse your mouth or brush your teeth until the day after surgery. This is to insure the formation of a healing blood clot, which is essential to proper wound healing.
4. Do not touch or disturb the area where the work was done with your tongue, fingers or any sharp instruments (ie. eating utensils). This may result in irritation, infection or bleeding. For the first day limit your diet to liquid type foods (ice cream, yogurt, Jello, puddings, milk shakes) and cottage cheese may be the most comfortable for the first day. Be sure to chew on the opposite side for 24 hours. A soft diet for two days after that will ensure comfort.
5. Starting the day after surgery, brush kindly and rinse your mouth. Be gentle but thorough, cleanliness is essential to proper healing. To rinse, it is recommended to dissolve one teaspoon of salt in one cup of warm water then rinse four times daily.
6. Bleeding is normal following a surgical procedure. Prior to leaving the dental office, a gauze pad will be placed over the surgical site and you will be advised to maintain firm biting pressure for 45minutes. It is normal for oozing to continue in the saliva for a short period of time following removal of the gauze pad because it takes 18-24 hours for the blood clot to mature in the surgical site. Should bleeding recur, apply pressure with the cotton gauze you have been given, for approximately 30 minutes and repeat as needed. Alternatively, a tea bag soaked in cold water can be folded in half and bitten on. Should bleeding be excessive or prolonged, or something does not seem normal, do not hesitate to contact Dr. Queiroz at 647 285 7528.
7. Some discomfort is normal after the surgery. Analgesic medications should be taken only as prescribed. Should the medication be inadequate, contact our office.
8. To prevent swelling, place ice packs to the area for 20 minutes and then remove for 20 minutes, repeat for several hours.
9. Sutures have been placed to keep the tissues in place and expedite healing. These will dissolve in about 7-10 days or will be removed about 2 weeks after the procedure.
10. In case a membrane was used to protect a bone grafted site, it will dissolve in the next few weeks or will be removed about 1 month after the procedure. Do not pick at it so not to disturb the healing process.
11. Remember to take all medications prescribed to you as directed. If you notice any adverse effects please call us immediately to arrange for a change of medications.