

## **Post-Operative Implant Home-Care Instructions**

Do not disturb the wound. Avoid rinsing, or spitting on the first 2 days after surgery. Avoid touching the area and do not pull your lip or cheek out to view the area as that may put excessive tension on the surgical site and impair healing. If a dressing was placed it may dislodge soon after surgery. Unless directed otherwise, simply discard the piece, there is no need to have the area redressed.

### **Bleeding**

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If that doesn't help, biting on a moist warm tea bag (regular tea, not herbal) in the area of bleeding should stop the bleeding. If bleeding appears excessive, or continues after the third post-operative day, please call for further instructions.

### **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag filled with ice on the cheek in the area of surgery. The ice should be placed 10 minutes on and 10 minutes off for the first 24-48 hours.

### **Diet**

Drink plenty of fluids. Avoid hot liquids or food for the first 24-48 hours. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet is generally achieved after one weeks of healing, or as directed by Dr. Shanin.

### **Pain**

You should take 3 tablets of ibuprofen (Advil or Motrin) every 6 hours for the first 3 days whether you have pain or not. Ibuprofen helps to reduce swelling as well as its known benefit for reducing pain. After 3 days take ibuprofen as needed. Ibuprofen should always be taken with something in your stomach. For patients who are allergic to Aspirin, or cannot take Ibuprofen, one or two tablets of regular or Extra Strength Tylenol may be taken every four hours instead.

For severe pain take the tablets prescribed for pain as directed. The prescribed pain medicine may make you groggy and will slow down your reflexes. Do not drive an automobile or work around heavy machinery. Avoid alcoholic beverages. Pain or discomfort following surgery should subside more and more every day. If pain worsens after the third post-operative day, it may require attention and you should call the office.

### **Antibiotics**

If prescribed, be sure to take the prescribed antibiotics as directed to help prevent infection. Please note that some antibiotics may interfere with the effectiveness of oral contraceptives. Please check with your pharmacist and tell Dr. Kallus if this is an issue.

### **Oral Hygiene**

Good oral hygiene is essential to good healing. The day after surgery, the oral rinse prescribed to you should be used twice daily, after breakfast and before bed. A q-tip may be used to clean the healing abutments if they are present. Dip the q-tip in a cap of the mouthrinse and gently clean the healing abutment twice a day prior to rinsing. Be sure to rinse for at least 30 seconds then spit. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Gently brushing your teeth at least one tooth away from the implant sites is no



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problem. A soft bristled brush is best. The area of the implants or healing abutments should only be brushed when instructed by your doctor

#### **Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

#### **Wearing Your Prosthesis**

Partial dentures, flippers, or full dentures should be used only as discussed by your doctor in the pre-operative consultation.