

Post-Operative Hybrid Implant Discharge Instructions

GENERAL CARE: Do not disturb the surgical area. **DO NOT** rinse vigorously or probe the area with any objects or your fingers. **DO NOT SMOKE** for at least 1 week since it is very detrimental to healing. **DO NOT** go to bed with gauze in your mouth as to avoid swallowing.

GENERAL TIMELINE: You will come for a follow up and denture seating 24-48hrs post operatively. Next, you will have an in person visit at approximately 1-week period. You will have various follow up appointments over the next few months with your surgeon. You may also have appointments with your restorative dentist that may be separate from our appointments.

BLEEDING: You may have oozing of blood for 24-48 hours after surgery, but bleeding should never be severe. Try to avoid firm pressure on the implant site, use gentle pressure to help control bleeding and moist gauze should be placed over the surgical site(s) for approximately 15 minutes after the surgery. If bleeding remains uncontrolled, please call our office.

SWELLING/BRUISING: Often there is some swelling or bruising associated with the surgery. You can reduce this by holding a cold pack or ice bag wrapped in a towel firmly to the face or cheek over the surgical site. This should be applied 20 minutes on and 20 minutes off during the first 36 hours. The greatest swelling occurs 3-4 days after surgery. After that time, it should gradually decrease.

PAIN: Unfortunately, some oral surgery procedures cause discomfort. Please take the prescribed medications as directed. Always have food in stomach before taking any pain medication.

DIET FOR HYBRID IMPLANTS: **Non-chew diet for first 3 to 4 months.** You cannot chew during your healing period. Anything you can mash with a fork, stick in your mouth and swallow, you can have. Ice and hard nuts such as almonds should be avoided at **ALL TIMES**. This will prevent food particles from entering the surgical site. After the first 2 months, a progression to soft food will be discussed by your surgeon at follow up visits.

Examples of soft foods that are allowed are: Oatmeal, Applesauce, Refried beans, Soup, Mashed potatoes, Macaroni, Smoothies, Pasta, Steamed vegetables, Pudding, Tuna/Chicken salad (no nuts), Banana, Watermelon, Avocado/Guacamole, Eggs, Yogurt, Fish, Hamburger meat-Meatloaf or Hamburger Helper, Meatballs, Ice cream

INFECTION: The best way to help prevent infection is to take our antibiotics (if prescribed) and keep your mouth as clean as possible. Also, starting mouth rinses the day after surgery. Use one-quarter teaspoon of salt dissolved in an 8-ounce glass of water and gently rinse with portions of the solution. Repeat as often as you like, but at least after every time you eat for the next five days. If food gets trapped in the surgical sites, please rinse gently. **DO NOT** use a waterpik until you have been cleared to do so by your surgeon at a follow up visit.

STICHES: If you have stiches, they will generally dissolve on their own in 3-7 days. You will be notified if you need to have them removed.

MEDICATION INSTRUCTIONS-You may be prescribed any of the following medications for after surgery.

Antibiotics

___ Amoxicillin 500mg-One tablet three times a day for 5 days

___ Clindamycin 150mg-Two tablets three times a day for 5 days

**For female patients, please note that certain antibiotic may neutralize the preventive effects of birth control pills, allowing for conception and pregnancy.

Pain Medication

___ Ibuprofen 600mg-1 tablet every 6 hours as needed for pain

___ Tylenol 325mg-1-2 tabs every 6 hours as needed for pain

___ Hydrocodone—Narcotic-1 or 2 tablets every 6 hours as needed for pain.

**If you have been prescribed narcotics and or have been sedation, you should NOT drive, operate machinery, or sign legal documents for 24 hours after the last medications.

Other Medications

___ Peridex Mouth Rinse-10-15ml swish and spit three times a day for 10 days

Example of schedule for pain medication, change times according to first dose:

12:00 (noon)—Ibuprofen 600mg tab

3:00pm—Tylenol for little pain OR Hydrocodone for moderate to severe pain.

6:00pm—Ibuprofen 600mg tab

9:00pm—Tylenol for little pain OR Hydrocodone for moderate to severe pain.

**First pain medication to discontinue is Hydrocodone. Second pain medication to discontinue is Tylenol. Last pain medication to discontinue is Ibuprofen.

Questions or concerns please call the office during office hours.

PHONE: (308-455-1944) Mon-Thurs: 8:00am-4:00pm.

After office hours, please call the office number and you will be directed accordingly.

Any calls made after office hours should be **ONLY emergencies** and **ARE NOT** to be used for scheduling purposes.