



Sandhills Oral & Facial Surgery

504 W 42nd St Kearney, NE 68845

Dr. Matthew Weber MD, DDS

Post-Operative 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. You may brush your teeth gently. **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 (Single implants): You will receive a follow up phone call 3-5 days following your procedure. Next, you will either have a phone or in person visit at 2-week period. At approximately 4 months post-operative, you will come into our office for a follow up visit and possible implant scan depending on your dentist's restorative preferences. After the 4-month visit, you will be referred back to your dentist to begin the restorative process.

BLEEDING: You may experience 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, you may experience 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 your stomach before taking any pain medication. If a DRY SOCKET occurs (loss of blood clot from socket, usually in the 5th to 7th day), there is usually noticeable, distinct, persistent throbbing pain in the jaw, often radiating toward the ear and possibly causing other teeth to ache. You will have a foul taste in your mouth and bad breath. If this occurs, please contact our office so we can help you.

INFECTION: The best way to help prevent infection is to take our antibiotics (if prescribed) and keep your mouth as clean as possible. You may start brushing the extraction site the day after surgery. Also, start 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, and at least after every time you eat for the next five days. If food gets trapped in the surgical sites, please rinse gently. Using water pik or disturbing surgical sites increases chances of dry sockets.

DIET FOR SINGLE IMPLANTS: Do not eat on implant site. Cold non-chew foods are recommended on the day of surgery, intentionally avoiding the surgical site. The day after surgery, you may progress to a normal diet, chewing with your natural teeth on the opposite side of your surgery.

DIET FOR MULTIPLE IMPLANTS: Non-chew diet for first 3 to 4 months. 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.

DENTURE/FLIPPER WEAR: You must leave the denture(s), partial or flipper in the mouth for 24 hours after they are inserted. Your denture, partial or flipper should not be worn until it has been properly adjusted. The time you will be instructed to refrain from wearing your denture will be determined by the surgeon and will vary from patient to patient. The success of your implant(s) will depend on your compliance. Whenever dentures or partials are worn over implant sites, they must be worn for appearance **ONLY, NOT** for eating and chewing. Chewing may cause implant loss.

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.

BONE GRAFT: If you have bone grafting placed, you may experience a gritty, sand like texture in your mouth over the next couple of days. This is normal and is simply some of the excess bone graft.

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

Antibiotics

___ Amoxicillin 500mg-One (1) tablet three times a day for 5 days

___ Clindamycin 150mg-Two (2) 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

___ Tylenol #3 (With Codeine)—Narcotic-1 or 2 tablets every 6 hours as needed for pain.

**If you have been prescribed narcotics and or have been sedated, 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

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.