

Drs. Bankhead and Groipen
617-364-5500

Instructions After Dental Implants

Rest: After leaving the office, rest and avoid strenuous activities for the remainder of the day and tomorrow. Keep your head elevated (extra pillow) the first two nights after the operation.

Swelling: Expect some swelling. It may take 3-4 days before it reaches maximum. Bruising may also occur. Immediately after the surgery, ice should be applied to the face over the area of surgery. Apply for 20 minutes, remove for 20 minutes. Repeat this alternating procedure for the first day only.

Bleeding: Slight bleeding may continue for up to 24 hours or so. It is normal for saliva to be slightly streaked with blood. This is not unusual and is no cause for alarm. Rinsing the mouth interferes with clotting of the blood, so do not rinse vigorously the first evening. If excessive bleeding occurs, it may be stopped by biting continuously for 20 minutes on a wet roll of gauze dressing or a cold, wet, squeezed tea bag. Repeat if necessary. Sitting quietly in an upright position will also aid in the control of bleeding. If these measures do not succeed, call the office. Keep fingers and tongue away from the site.

Oral Hygiene: Do not rinse mouth until the following day. On the morning following the surgery, rinse mouth thoroughly with diluted hydrogen peroxide(1/2 water:1/2 peroxide), Listerine or warm salt water (1/2 teaspoon salt & 6oz. warm water). Repeat this after each meal for first two weeks. Do not brush your teeth the first day of surgery. After the first day, brush your teeth normally, but be very careful to stay away from the area of the surgery. **DO NOT** touch the surgical area.

Dentures: Dentures should not be worn over the surgical area during the first 10 days. After that period, old dentures may not be worn until refitting adjustments (relining) have been made by your dentist. Insertion of dentures too early may jeopardize a successful healing process.

Diet: Only soft foods should be consumed for the first 5 days, to avoid trauma to the surgical sites. After that you may advance your diet as tolerated. Some examples are fruit juice, ice cream, soup, scrambled eggs, Ensure, Carnation Instant Breakfast, custard, mashed potatoes, peas, corn, and any food pureed in a blender.

Refrain from smoking for the first 24 hours. Smoking and consumption of alcoholic beverages should be avoided in the first two weeks. Alcoholic beverages can close down blood vessels and destroy blood clots. Smoking is an irritant to healing tissues and will also close down blood vessels. Both will retard healing.

Medication: Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed. Please note the following:

- All medications may produce allergic reactions and/or side effects.
- Narcotics will impede driving, using machinery and mental alertness.
- Antibiotics may negate birth control medication. Use alternative methods.

Concerns: If you have any doubts or concerns, please do not hesitate to contact the office at (617) 364-5500.