



POST- OP INSTRUCTIONS - IMPLANTS

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for Clarification. Our number is: 301-468-9760.

DAY OF SURGERY

FIRST HOUR: Once the implant(s) is placed, the area will either be sutured to cover the implant, or a “stainless-steel” screw will protrude through the surgical site. This will depend on the “torque value” of the implant body and the density of the bone in which it has been placed. A special machine called an “Osstell” might also be utilized to make that determination. Either way, the instructions are essentially the same.

PAIN:

Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for antibiotics and pain medication. Prior to taking the medications, if you have not had anything to drink prior to your surgery, drink a “Protein Shake”, a Milkshake/Ice cream or Yogurt with a spoon and then take your pain medications as outlined by your doctor. **If you take the pills before the anesthetic has worn off, you should be able to manage any discomfort better.**

We have found that the best combination is, taking 600-800 mg of Motrin (Ibuprofen) – which can be ONE-PILL by prescription, **OR** 3-4 over the counter tablets - which are 200 mg each, every **SIX** hours. You may additionally take **TWO** Extra Strength Tylenol (Acetaminophen) caplets (over the counter) **THREE** hours after your initial IBUPROFEN dose. This “staggering of medications”, will continuously keep some analgesic in your system and will keep you comfortable. You can repeat this cycle for the first 48 hours, as needed. Very seldom, does one need anything stronger. **CAUTION: DO NOT EXCEED 3200 mg OF IBUPROFEN/24 HOURS. ADDITIONALLY, DO NOT EXCEED 4000 mg OF TYLENOL (ACETOMINOPHEN) /24 HOURS.**

SWELLING: An external ice pack will be given to you upon completion of the surgery. Swelling is often associated with oral surgery. It can be minimized by using a cold ice pack, ice bag, or some frozen peas placed inside a Ziploc bag and then placed in a “sock” and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and 5 minutes off during the first 24 hours after surgery. If needed, a prescription for a steroid dose pack will also be given to you.



FIRST 24 HOURS: Do not disturb the surgical area. Do **NOT** spit, rinse, brush your teeth at night, consume hot food or use a straw on the day of the surgery. **PLEASE DO NOT SMOKE OR DRINK ALCOHOL FOR AT LEAST 48 TO 72 HOURS**, since this is very detrimental to healing and may **CAUSE YOUR IMPLANT TO FAIL**.

BLEEDING: There should be little to no bleeding after the procedure. A gauze pack may or may not be utilized. If bleeding should occur, please contact the office immediately. After work hours, contact your doctor at the Emergency number provided. Do not physically exert yourself for 5 days following surgery, as this may affect the integration of the implant.

DIET: Eat soft nourishing food that can be tolerated without any discomfort. Avoid hot foods on day of surgery. Do not use a straw for the first day after surgery. It is advisable to confine the first day's intake to liquids or pureed foods (soups (room temperature), puddings, yogurt, milk shakes, etc.) It is best to avoid foods like chips, nuts, sunflower seeds, popcorn etc. for **FOUR TO SIX** weeks, if the "screw" is sticking out of the gum area. If the implant site was sutured, then avoid the above listed foods for **TWO-THREE WEEKS**, as they may get lodged in the sutures or the socket areas. It is important, however, not to skip meals and stay nourished. If you stay nourished, you will feel better, gain strength, have less discomfort, and heal faster. If you are diabetic, maintain your normal eating habits or follow the instructions given by your physician.

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Rinse only after the first 24 hours. Use 1/4 teaspoon of salt dissolved in an 8 ounces glass of warm water and gently rinse with the saline solution. Repeat the warm saline water rinse as often as you like, but certainly after every meal. A bottle of a prescription oral rinse might be dispensed to you with instructions, if needed.

BRUSHING: Begin your normal oral hygiene routine 24 hours after surgery. In the area of the surgery, exercise caution, especially if sutures have been placed. Soreness and swelling may make the area tender, but please make every effort to clean your teeth within the bounds of comfort.

HEALING: Normal healing after tooth extraction should be as follows: The first two days after surgery are generally the most uncomfortable as there is usually some swelling. On the third day, you should be more comfortable and, although still swollen, can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual with steady daily noticeable improvement.**



TWINBROOK DENTAL CENTER
Family, Cosmetic & Implant Dentistry

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We will make every effort to call you the evening of the surgery (between 5:30 and 8:30 pm) to make sure you are doing well. Please try to have your phone with you. Following these instructions will assist you, but if you have questions about your progress, please call our office. You **can** contact the doctor on call after hours. Calling during office hours will afford a faster response to your question or concern.

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