

Instructions for Post Operative Care Following IMPLANT SURGERY



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The following information has been prepared to help answer questions you may have regarding the operation which will be or has just been performed. Please read the instructions carefully. Our experience has shown that rapid and satisfactory recovery from oral surgical operations depends to a large extent upon the patient's at home aftercare. In some cases, little care may be necessary, but following the extensive operations, it is particularly important that instructions be observed.

DO NOT

Forcefully spit, use a straw, smoke, or touch the area: this may create negative pressure and should be avoided for two weeks after surgery. This may disturb or dislodge the blood clot that is forming, and increase the chances of infection. Coughing or sneezing should be done with mouth open to relieve pressure. You may have a temporary healing abutment that can be felt above the gums at the surgical site, please do not disturb it.

WHAT TO EXPECT

Minor bleeding. Bleeding will subside within a few hours. Oozing may persist for several hours. Upper implants may trigger nose bleeds.

- Apply gentle pressure with gauze to surgical site for 30 to 45 minutes, and then remove.
- If bleeding persists, apply new gauze for another hour.
- If bleeding still persists, replace gauze with a moistened bag of black tea.

Mild or severe swelling. Post surgical swelling is normal and could last for several days to one week.

- Apply an ice pack to cheek for 15 minutes on and then 15 minutes off for 24 hours; discontinue when sleeping.
- Sleep with your head slightly elevated above your heart.

Bruising on the face may develop. This appears first as swelling; however, it may discolor the face black or blue and then yellow.

ORAL HYGIENE

Gentle rinsing and brushing. After 24 hours you may rinse with warm salty water every few hours. Do not use mouth rinses containing alcohol for a few days. Avoid brushing the surgical site tonight and tomorrow. Stitches and bone grafting material may dislodge (it feels like sand), this is normal.

Flip sheet over for additional instructions.

EATING AND DRINKING

Eat soft foods for the next few days. Stay nourished and hydrated.

- No hot liquids for 24 hours. Begin with clear liquids such as iced tea and apple juice.
- Do not chew directly on the surgical site.
- Do not put any direct pressure on the implant.
- Do not eat with your temporary partial/flipper in your mouth.

MEDICATIONS

Take all medications with a full glass of water and as directed on the bottle. Call us if you experience severe nausea, vomiting, diarrhea, or cannot swallow your pills.

- **Antibiotics:** continue until the bottle is empty.
- **Pain medication:** continue as necessary. Remember that narcotics may make you drowsy. No driving, operating machinery, or alcoholic beverages while taking them.

TEMPORARY PARTIAL (FLIPPER) OR DENTURE

These appliances are for aesthetic appearances and should be removed while eating and sleeping. The appliance should not contact the implant or soft tissue over the bone graft. If it does it needs to be adjusted by your dentist.

**If you have any questions or concerns not covered in these instructions, please call our office.
If you are experiencing a dental emergency and need to reach a doctor after regular office hours,
please call (206) 248-3035.**