

Post-Operative Instructions: Bone Graft/EXT

FOR THE REMAINDER OF THE DAY:

- Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.
- Do not use a drinking straw. Drink straight from the cup.
- Do not smoke.
- Keep fingers and tongue away from the surgical area.

Spitting, the use of a straw, smoking, and poking the surgical area can dislodge the blood clot and/or membrane that is forming and will cause bleeding from the area. Also, smoking can increase the chances of an infection and failure of implant.

BLEEDING:

Some minor bleeding is expected after dental implant surgery. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours.

- Keep gauze on the surgical area with some biting pressure for 30–45 minutes.
- If all else fails, call the office.

SWELLING:

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe and is different for every patient. The swelling may increase for the first 24–48 hours before it starts to go away. It may last for several days. Some bruising may also develop on the face.

DIET:

You may start with liquid and non-abrasive foods such as mashed potatoes, pasta, cottage cheese, soup, or scrambled eggs as soon as the local anesthetic wears off. Continue this diet for the next 6 weeks or until the soft tissue is fully closed and sealed at the surgical site.

ORAL HYGIENE:

You may start rinsing tomorrow, very gently, with some warm salt water (1 tsp of salt in 8 ounces of warm water). You may brush your teeth per usual, though be very careful near the surgical sites. Starting on day 4, begin rinsing with peridex (chlorhexidine) using syringe provided 4-5 times daily

SUTURES:

Your sutures will be checked at your 1 week post op and will need to be removed either at that appointment or at your 6 week post op if the doctor feels it necessary. Be diligent at keeping them clean to avoid infection.

BONE GRAFT MATERIAL:

If your surgeon placed bone graft material at the time the dental implant was placed, you might notice some gritty material in your mouth.

This is nothing to worry about and should subside within a day or two. Please do not disturb the site, and be careful not to dislodge the graft material. You may feel some gritty granules for the first few days, this is normal and should subside. If you are consistently getting granules in your mouth this is a sign that you need to be more gentle with the graft site.

WHEN CAN THE CROWN BE PLACED?

A dental crown can be attached to a dental implant once the implant has fused to the bone. This is a process called osseointegration.

The length of time the bone must heal varies from case to case and will be discussed with your surgeon. The length of time needed for osseointegration is a function of the bone quality, quantity, and implant stability at the time of placement.

MEDICATIONS:

You were probably given one or more prescriptions for medications. Take all as directed on the bottle. Call us if you experience severe nausea or diarrhea, or cannot swallow your pills.

- **Antibiotics:** Continue until the bottle is empty. Do not quit halfway.
- **Pain Medicine:** you should be on the pain pack protocol a minimum for the next few days (800mg Ibuprofen and 1000mg Tylenol taken together every 8 hours. Sometimes it is necessary to take narcotic pain medication (Tramadol) for "breakthrough pain". Feel free to take this medication in a scheduled fashion (every 4–6 hours) for the first 24 hours and as needed thereafter. Remember that narcotics can make you drowsy, so no driving, swimming, operating machinery, or drinking alcoholic beverages while you are taking them.
- You may wean yourself off of the narcotic medication and substitute 500 mg of acetaminophen (Tylenol®).
- If directed to do so, you may use ibuprofen, 800 mg, every 8 hours while awake, for the first 4 or 5 days.

ACTIVITY:

Once you are no longer taking narcotic pain medication, you may resume your normal activities as you feel up to it. Go easy at first with exercise and recreation for 10-14 days, and increase your activity slowly over several days back to your normal routine.

Please follow these instructions as closely as possible. They are designed to help you heal quickly and comfortably.

QUESTIONS?

We are here for you.

If you have a question about your procedure or treatment plan, our center has 24-hour surgeon availability. If you would like to speak to your surgeon, please contact us at any time.

During business hours, please call our office. After hours, please call our office, and our answering service will page a surgeon. We'll get back to you as soon as possible.

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