

## Post-operative Instructions after Implant Surgery and Bone Grafting

Do not disturb the wound. Avoid spitting or touching the wound on the day of surgery. There will be a healing abutment protruding through the gingival (gum) tissue, please keep your tongue from playing with it.

Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. Avoid rinsing vigorously to reduce the amount of granules that may come out.

- ❖ Pain
  - You should begin taking pain medication before you feel the local anaesthetic wearing off, approximately 60 minutes after the procedure. For pain, take Ibuprofen (Nurofen, Advil) and prescribed pain medications as directed. DO NOT exceed 4,000mg of Panadol and 2,400mg of Ibuprofen within a 24 hour period.
- ❖ Bleeding
  - Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on gauze placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call for further instructions.
- ❖ Swelling
  - Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack on the cheek in the area of surgery. Apply the ice 5 minutes on, 5 minutes off, as often as possible, for the first 24 hours.
- ❖ Bruising
  - Bruising is a normal occurrence after surgery. Do not be alarmed if a bruise forms, it will resolve with time.
- ❖ Antibiotics if prescribed
  - Be sure to take the prescribed antibiotics as directed to help prevent infection.
- ❖ Diet
  - Drink plenty of fluids. Avoid hot liquids/foods and spicy food. Soft food and liquids should be eaten on the day of surgery and 2-3 days following. Return to a normal diet 3-4 days after procedure, unless otherwise directed. Do not bite into anything hard in the area of the implant during the entire healing process.
- ❖ Oral Hygiene
  - Good oral hygiene is essential for good healing. The day after surgery, Savacol oral rinse should be used twice daily, after breakfast and before bed. Be sure to rinse gently for at least 30 seconds then gently spit. Brushing your teeth with the healing abutment is not a problem; avoid using an electric toothbrush over the healing abutment. Be gentle initially when brushing the surgical areas. Starting

post-op day 5, stop using Savacol oral rinse and begin using a cotton bud dipped in Savacol oral rinse to keep the healing abutment clean. Please make sure to clean around the area in a clockwise direction. Otherwise, the healing abutment may loosen or fall off. If this happens, call the office immediately.

❖ Activity

- Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur.

❖ Smoking

- Do not smoke for at least two weeks after surgery, if at all. As discussed at your consultation, smoking dramatically increases the risks of bone graft and implant failure and will void your warranty.