

San Francisco Center for Osseointegration

Oral & Maxillofacial Surgery & Implant Dentistry

Christopher A. Gurries, DDS, FACOMS • Edmond Bedrossian, DDS, FACD, FACOMS

450 Sutter Street Suite 2439, San Francisco, CA 94108 • 415-956-6610 • www.sfimplants.com

CARE AFTER THE PLACEMENT OF DENTAL IMPLANTS

Congratulations on having completed your implant surgery! We all are aware of the anxiety most patients experience prior to the procedure. You are well on your way to rehabilitating your dentition in the most physiologically efficient manner. We want you to know that our office is available to answer any questions you may have at any time after the procedure.

There are a few specific instructions to follow during the next few weeks. The surgical assistants will review some of the more specific instructions applicable to you in our office prior to discharging you. The following is a summary of the most common issues which are important to know. If you have any questions today or any time after the surgery, please call our office 415-956-6610.

What to expect

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a smooth metal healing cap (abutment) at the surgical site. Leave this undisturbed.

Pain

You should begin taking pain medication before you feel the local anesthetic wearing off. For moderate pain, normally Ibuprofen (Motrin/Advil) or Acetaminophen (Tylenol) is sufficient. Each can be taken every 6 hours with food. If one medication is not enough, stagger these two medications by taking them 3 hours apart from each other instead of at the same time. It is helpful to set an alarm and take pain medication in the night for the first 1-2 days. For severe pain, your other prescribed medication can be taken as directed. DO NOT take any of the above medications if you are allergic to or have been told by your doctor to not take it.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack or frozen peas on the cheek in the area of the surgery for the first 24 hours for about 20 minutes at a time. Expect the swelling to get worse for the first 48-72 hours and then slowly begin to improve. It is NORMAL for the swelling to be the worst 2 days after surgery.

Bleeding

Some bleeding or redness in the saliva is normal for the first 24 hours. Excessive bleeding (your mouth filling rapidly with blood) can be controlled by firmly biting on gauze placed at the surgical site for 30 minutes with continuous pressure. If the bleeding continues, call the office for further assistance (415-956-6610).

If you had sinus surgery

Do not blow your nose until Dr. Gurries or Dr. Bedrossian informs you that you may do so. Avoid straining and bending over. If you need to sneeze, DO NOT HOLD IT BACK as this may increase the pressure in your sinus and adversely affect the surgery. A small amount of blood may be noticed coming from your nose for the first 48 hours after surgery, this is normal; do not be alarmed. You may call the office if you are concerned (415-956-6610).

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Diet

Drink plenty of fluids. Avoid hot or spicy foods and liquids for the first 24 hours. Soft food and liquids should be eaten on the first day of surgery. You may return to a normal diet as soon as it is comfortable for you to do so unless instructed otherwise. Try to chew on the side opposite the surgery, if possible, especially when eating hard foods.

Oral Hygiene

Good oral hygiene is essential to good healing. Avoid brushing the healing cap for the first 1-2 weeks, but DO brush your remaining teeth. Dip a cotton swab “Q-tip” in the prescribed Chlorhexidine (Peridex) mouth rinse and use it to very gently dab the healing cap 2 times per day to keep the area clean. Do this until Dr. Gurries or Dr. Bedrossian instruct you to start brushing the site. Do NOT rinse your entire mouth with the mouth rinse as there is no need and it may cause staining of the teeth. If you use an **electric tooth brush**, do not use it on or near the surgical site for the entire 3- or 6-month healing period.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infections.

Activity

Keep physical activities to a minimum immediately following your surgery. Exercising too early may lead to throbbing or bleeding. If this does occur, you should continue to postpone your exercise. Keep in mind that your nutritional intake may have decreased since your surgery. This may weaken you and further limit your ability to exercise. Normally it is ok to resume exercise at about 1 week post-operatively.

Wearing your Prosthesis

Partial dentures, flippers, retainers, or full dentures typically may be used immediately after the surgery. You may be asked by your surgeon to refrain from using it for a period of time. This will often be discussed at your consult appointment. Dr. Gurries or Dr. Bedrossian will specifically discuss with you and instruct you in the use of a temporary prosthesis.

Please feel free to contact our office at **415-956-6610** or send an email to **info@sfimplants.com** if you have any additional questions or concerns.