

Dental Implant or Bone Graft

Patient Instructions After Surgery

The implant and graft placement is most fragile during the first 5 weeks after the surgery. Be careful to avoid chewing, biting, or any way disturbing the surgical area. This includes pulling or distending your lip or cheek. It is natural for the tissue over and around the site to appear red or whitish in color, even for up to ten days, as a top layer of new tissue grows then sloughs off.

MEDICATIONS

- Continue to take all your routine medications.
- Finish all prescribed antibiotics.
- Unless otherwise directed, for the next 4 days, take 400 mg of ibuprofen twice a day to help reduce any swelling.
- Unless otherwise directed, for the next 5 days, rinse with chlorhexidine at least 5 times a day, i.e., upon waking, after each meal, and before bed.

MEALS

Nutrition is important following surgery. Attempt to follow your regular diet. You may wish to eat soft foods for the first week. Avoid the following: hot beverages, spicy foods, and hard crunchy foods (e.g. nuts, chips, crusty bread). Multi-vitamins will be an important part of your diet and will be necessary to aid in the regeneration of the new tissue required during the healing process.

BLEEDING

Some slight bleeding from the site may occur for the first few days after the operation. This is not unusual. If the bleeding seems continuous and profuse, apply gentle pressure with a damp gauze or tea bag (not herbal) to the site of bleeding and hold for 20 minutes. Repeat if necessary. Under no circumstances should rinsing be used to control bleeding. If bleeding persists, call our office at (925) 932-1855. If special oral rinses, such as chlorhexidine, have been recommended, please rinse gently; do NOT “swish.”

DISCOMFORT

Some discomfort can be expected when the anesthetic wears off the day of your surgery. This can be minimized by taking your pain medication (if it was prescribed) as soon as possible after the operation. You may notice some sensitivity in your teeth, especially to cold. This will subside in eight to ten weeks. If a pain medication was not prescribed, please take 800mg (every 6-8 hours) of ibuprofen or Motrin for 4 continuous days, even if you do not feel discomfort.

SWELLING

In some cases, swelling is to be expected, this can be minimized by lying with your head slightly elevated. You may also use an ice pack wrapped in a towel to ice the area for 15 minutes on and 15 minutes off, for up to 4 hours, if needed to help reduce any swelling. Do NOT place an ice pack or ice cubes directly onto skin or on your gums/mouth. Avoid placing pressure on any area of swelling if it is near the graft. If an anti-inflammatory medication was prescribed, please take them and finish them even if you do not have discomfort. It is also important to continue taking and finishing the antibiotic that Dr. Alex Rader prescribed to you before the surgery. If swelling occurs past the third day of surgery or is accompanied by fever/exudates, call our office immediately at (925) 932-1855.

HOME CARE

Optimal oral hygiene is VERY IMPORTANT post implant / graft surgery. Brush unaffected teeth as you normally would. In the area of the implant or graft, try swabbing the teeth with a Q-tip or gauze. Only “soak” the area with the chlorhexidine mouth rinse for about 20 seconds in the morning and 20 seconds in the evening. Do not swish the chlorhexidine mouth rinse in your mouth – only “soak” the affected area by holding it in the affected area of your mouth. After three days, you should try gently brushing the area with a soft toothbrush. Brush your tongue for additional comfort and freshness.

SMOKING/VAPING

AVOID SMOKING OR VAPING. Smoking will delay wound healing and may cause premature loss of the graft and implant.

IMPORTANT PANDEMIC INFORMATION

Since your dental care team has been in close contact with you during your procedure, please notify our office if you experience symptoms or test positive for COVID-19 within 14 days of your visit so that we can take measures to curtail the spread of any virus. It is for our health and safety as well as the safety of those who visit the practice.

ADDITIONAL QUESTIONS OR CONCERNS

Should you have any additional questions or concerns about your procedure, please contact our practice at (925) 932-1855.