



Texas Wisdom Teeth, PLLC  
14856 Preston Road, Suite 104  
Dallas, TX 75254  
972-960-1111

### Post-operative instructions for Dental Implant Care

#### PLEASE READ THESE INSTRUCTIONS CAREFULLY.

1. Bite down firmly on the gauze packs that have been placed over the surgical areas, making sure that they remain in place. Do not change them for the first hour unless the bleeding is not being controlled. After the first hour, change the gauze packs about every 45-minutes to an hour until the bleeding has stopped or become very light. Be sure to keep firm pressure on the gauze packs by biting firmly on the gauze.

**Steady Bleeding:** Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth rather than exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy you may substitute 1-2 tea bags (soaked in cold water, squeezed and damp-dried and wrapped in a gauze pack) for 30-40 minutes. Do not take them out to check. If the bleeding remains uncontrolled, please contact the office.

2. **Swelling:** Often, there is some swelling associated with oral surgery, especially if you have had a bone grafting procedure. You can minimize this by using ice cubes secured in a ziplock bag applied firmly to the face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. If you have been prescribed medication to control swelling, be sure to take it as directed. After 36-hours, it is usually best to switch from ice to moist heat in the same areas. You can use a hot water bottle wrapped in a warm, moist towel, or joist a warm, moist towel.

3. **Pain:** Unfortunately, most oral surgery is accompanied by some degree or discomfort. You will usually have a prescription for pain medication, and if you take the first pill before the anesthetic has worn off, you will be able to manage any discomfort better. Effects of pain medications vary widely among individuals. IF YOU DO NOT ACHIEVE ADEQUATE PAIN RELIEF, you may supplement each pill with an analgesic such as acetaminophen or ibuprofen. Some people may even require two pain pills at one time during early stages (but that may lead to the risk of upset stomach). Remember that the most severe discomfort is usually within the first 6 hours after the anesthetic wears off; after that your need for medicine should lessen. MAKE SURE YOU HAVE FOOD IN YOUR STOMACH before taking any pain medication.

4. **Nausea:** Nausea is not an uncommon event after surgery, and it is sometimes caused by stronger pain medications. Nausea may be reduced by preceding each pill with a small amount of soft food, then taking the pill with a large volume of water. Try to keep taking clear fluids and minimize the pain medication, but call us if you do not feel better or if repeated vomiting is a problem.

5. **Diet:** Eat nourishing food that can be taken with comfort. Avoid hot foods for the 1<sup>st</sup> day. It is advisable, but not required to confine the first day's intake to bland liquids or pureed foods. Avoid foods that are spicy, acidic, small or sharp (seeds, rice, tomatoes and chips). Over the next several days you can progress to solid foods at your own pace. **DO NOT SKIP MEALS!** If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits as much as possible and follow directions from us or your physician regarding your insulin schedule.

6. **KEEP YOUR IMPLANTS CLEAN!** Keeping your mouth and the exposed parts of your new implants clean is key to successful healing and the long term success of the implants. Beginning the day after surgery, you may brush your teeth gently. Begin using a solution of warm salt water (1cup of warm water and ½ teaspoon of salt) as an oral rinse several times a day, especially after meals. You may begin to clean the exposed portion of your implants with a Q-tip in order to keep them shiny and remove buildup of plaque and debris. You may use your plastic syringe to irrigate the area surrounding the implants gently. After the gum tissue surrounding the implants has healed, you may begin brushing the implants gently with a soft toothbrush.

7. **Stitches:** If you have them, they will come out on their own in 5-10 days unless otherwise instructed.

8. **Syringe:** After the first 5 days use your syringe with warm water to irrigate and clean the surgical area.

9. Please feel free to contact the office or Dr. Chilcoat if you have any problems or concerns regarding your surgical procedure. You will need to return to the office after one week for a check up and x-rays of your new implants. If you have not scheduled an appointment for a follow-up exam, please contact the office at 972-960-1111 to schedule.

10. You may reach your doctor after hours in case of an urgent matter that cannot wait until normal business hours. Please call 972-960-1111 and follow the prompts to reach your doctor directly. Please allow at least 30 minutes for your call to be returned before calling again.

It is our desire that your recovery be as smooth and pleasant as possible. Following the instructions will assist you, but if you have questions about your progress, please call the doctor.