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GENERAL POST-OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANT SURGERY

The single most important thing to remember for this procedure is to **stay quiet and take it easy for a few days**. If you are having a single implant placed, you may be able to return to normal activities on the day after surgery. If you are having multiple implants placed, you should plan to take a few days off from work. If you are planning a trip – make sure that there is **NO FLYING WITHIN 3 weeks** of implant placement due to sinus cavity pressure changes.

You should expect some swelling and mild discomfort after this procedure – but very similar to any other dental procedure. Following the post-operative instructions will minimize this (ie. Applying ice and taking antiinflammatories especially).

You should use an ice pack to place over your chin, face or lips or the side of your jaw immediately after surgery. Keep the ice pack in place for at least 40 minutes out of every hour and as much as you can for the rest of the day of the procedure. You can make an icepack by placing ice in a plastic bag/frozen peas wrapped with a lightweight towel or cloth. The ice pack reduces swelling and pain.

Antibiotics and other medications for pain and swelling will be prescribed. Take them as directed, starting on the day of surgery. Take the antibiotic as the label directs and complete the prescription. **Take the antiinflammatories and pain killers for 5 days after surgery whether you feel any pain or not.**

There is usually no/minimal bleeding following implant procedures. If you notice a small amount of bleeding from the area you can place a moist gauze or moistened tea bag over the area with pressure and keep your head elevated with pillows. **DO NOT SPIT OR DRINK FROM A STRAW.**

Starting 24 hours after the surgery use the chlorhexidine which is given to you on the day of surgery. **Rinse very gently without swishing**. Continue this procedure for about two weeks, 4-5 times a day. Swishing vigorously will tend to slow the healing process and there is risk of bleeding. It is best that you do not try to rinse for the first 24 hours after surgery.

Do not attempt to brush or floss in the areas of the surgery for the first two weeks. Keep your mouth clean with the prescribed chlorhexidine rinses.

The implants are being placed into the bone and the gum is sutured around the implants. It is very important that the gum heals properly during the first weeks after surgery. The best way to help the gum heal is not to wear a denture over the area of the surgery and not chew any food that would disturb the gum.

The patients that heal best are the ones that do not wear their dentures for at least two weeks after surgery. If you have upper & lower dentures and are having lower implants done, it is perfectly alright and advisable to wear your upper denture as you normally do after surgery.

Approximately 10 days after surgery the stitches will be removed. If stitches come out or if the gum appears to open up in any area, it is very important you be seen soon to inspect the area. If something that appears like a “gum boil” appears any time during the healing process, it is very important that we inspect the area. Do not hesitate to call if there is any problem or if you have any doubt in your mind as to how the healing process is going.

Diet and nutrition are very important. Eat soft food containing protein and Vitamin B complex. Food such as liver, meat, eggs; milk, yogurt, and whole grain or enriched cereals are better for you. An ascorbic acid supplement (Vitamin C) is recommended. Take 500mg of Vitamin C a day. During the first two weeks after surgery, it may be necessary to use an electric blender for many foods. Do not chew anything but soft foods for the first two weeks. If you have natural teeth in the area of the mouth not affected by the implant surgery, you can eat normally on those natural teeth. As the discomfort goes away, you will gradually be able to chew more normally.

Alcoholic beverages and smoking seriously retards the healing process in the mouth. It is best that you have no alcoholic beverages at all for the first ten days. It is especially important not to have any alcoholic beverages for 72 hours.

In summary, use good common sense in caring for the surgical area during the initial healing period. The implant will be an excellent service to you if it heals properly. All the above steps will help in healing faster. Do not hesitate to call the following number(s): office 851-2570