

# Postoperative Dental Implant Instructions

## BURNHAM ORAL SURGERY

**PLEASE READ THESE INSTRUCTIONS CAREFULLY.** The ultimate success of your implant(s) depends upon your active cooperation and participation in treatment and care after surgery. These guidelines instruct you in proper care following the placement of your implant(s). **The first 2 weeks after surgery are the most important.**

**BRUSHING YOUR TEETH/KEEPING YOUR IMPLANT CLEAN:** A prescription rinse (**Peridex**) may be recommended after surgery. In order to keep your implant abutment clean, use a q-tip, dipped in the Peridex, and rub the healing cap of the implant that sticks above the gum tissue three times a day. Once the site begins to feel better, you can gently use your toothbrush and brush the healing cap like your natural teeth. Rinse your mouth with room temperature salt water (2 teaspoons of salt in a 20 ounce water bottle) 3-5 times a day. This will help the gum tissue heal. Use a portion of this mixture to rinse after each meal or snack. Vigorous rinsing should be avoided. For non-surgical areas, routine dental hygiene should resume the evening of surgery.

**DIET FOR IMPLANTS:** Do not eat on the implant site(s). Soft foods are recommended on the day of surgery. You may progress to a normal diet chewing with your natural teeth starting the day after surgery.

**BLEEDING:** Some oozing of blood is expected from the surgical site for the first few hours. Your saliva may be tinged with blood for the remainder of the day. If bleeding becomes persistent, apply direct pressure with a clean gauze pack or a moistened tea bag for 10 minutes. If this effort does not stop the bleeding you should contact the office.

**SWELLING:** Swelling can be minimized by keeping your head elevated with the use of 2 pillows when lying down. Application of ice packs for 20 minutes on, and 20 minutes off during the day, for the first 48 hours will help reduce swelling.

**DISCOMFORT:** Your jaw and lip may remain numb for approximately 6 hours. Ideally, pain medication should be consumed with food. While you are still numb drink water, juice, Gatorade, or a milkshake before taking any pain medication. Begin your pain medication while you are still numb to prevent the onset of pain. If you should begin to experience more than mild discomfort you may take medication every 3-4 hours as necessary. If this is not adequate, you should contact the office.

**DENTURE/ FLIPPER WEAR:** Your denture, partial or flipper can be worn following surgery but may need to be adjusted by your General Dentist. If you have a denture or partial denture, it can be worn over implant sites for eating and chewing. For patients with flippers/essex, they are meant for appearance only and should be taken out for eating and chewing. If your General Dentist has given you any additional instructions, please follow them as directed.

**FEVER:** A slight elevation in temperature is common on the evening of surgery, but should not exceed 101 degrees F. If this happens please contact the office.

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**INFECTION:** Infections may occur a day or even several days following surgery. A sudden increase in swelling, throbbing pain, fever and/or a foul tasting drainage may indicate infection. If you suspect an infection, you should call the office as soon as possible.

**BRUISING:** Bleeding into the tissue around the jaws may cause purplish bruises a few days following the surgery. Do not be alarmed. Some patients bruise more than others. These areas will become yellowish as they resolve.

**BLOWING NOSE:** Do not forcefully blow your nose during the first 2 weeks if you had an implant(s) placed in the upper jaw near the sinuses. Gently wiping your nose is preferable.

**DO NOT SMOKE AFTER SURGERY FOREVER. IF YOU INSIST ON SMOKING, THE FOLLOWING MAY HAPPEN:** (because the chemicals and gases in tobacco smoke contains ammonia, hydrogen cyanide, lead, nicotine, pesticides, radioactive polonium, and many other deadly gases).

- A. You will greatly increase your pain and prolong healing time.
- B. You will have a greater chance of implant failure.
- C. You will significantly increase your chance of infection.

Dr. Burnham, Dr. Stearns and their team have done everything possible to provide you with the best anesthetic and surgical care. However, the ultimate success of your operation now depends on how well you follow both these and the verbal instructions. Only in this way will you avoid the complications that lead to unnecessary discomfort and prolonged recovery.

Should any questions come up, or if any instructions are not clear, call the office immediately for clarification.

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Revised 2-2016