



4308 Main Street Whistler, BC, Canada, V8E 1A9

POST OPERATIVE CARE FOLLOWING DENTAL IMPLANT SURGERY

Good oral hygiene is essential to good healing. The night of your implant surgery, please use the antibacterial rinse that we gave you before bed. After that, the rinse should be used twice daily - after breakfast and before bed. You can brush and floss as normal, but be careful in the surgical area. Avoid a water pik or any electric toothbrush-type devices for a few weeks until your sutures are gone and the area is healed. There may be a metal healing abutment protruding through the gingival gum tissue. After the first few days you should also brush that area.

Some oozing or redness in the saliva is normal for the first 24 hours. If you find that you are having more than just a bit of oozing at the site, the bleeding can be controlled by biting on the gauze pad provided or a moist tea bag. Place it directly on the area for 60 minutes. If there is still excessive bleeding, or it continues beyond the second day, please call our office. Be sure to take the prescribed antibiotic as directed, to help prevent infection. Do not take any aspirin as this may induce the bleeding. Do not spit or suck on straws, as this can dislodge blood clots or slow the healing process.

Swelling is very normal after surgery. Keep your head elevated when sleeping the night of the surgery as this will help minimize bleeding and swelling. You may use an ice pack for the first 48 hours to help reduce swelling. No physical activities for the first 48 hours (e.g., working out, lifting heavy objects, etc.), and then keep your physical activities light for the remainder of the week.

Drink plenty of fluids, but try to avoid hot liquids as this can increase bleeding. A soft diet is recommended for 7 to 10 days while the area heals. **Do NOT smoke**, as smoking delays healing and increases the chance of infection.

If you also had a sinus graft, avoid blowing your nose for the first two weeks after surgery. If you must sneeze, please do so with your mouth open so as not to create pressure in the sinus area.

Your dentist will want to check the surgical site two weeks after surgery. After that, further follow up appointments will be determined at each appointment.

If you have any questions or concerns, please call our office at **(604) 932 3677**. If you call us after hours, do not hesitate to call the emergency number provided on our answering machine, and the doctor will call you back.

