
POSTOPERATIVE INSTRUCTIONS FOR DENTAL IMPLANTS PLACEMENT SURGERY – Dr. Akiva Elad

What to expect

- **Bleeding** – some blood vessels may continue to ooze for a couple days following surgery. If you have caused the area to bleed, or if the persistent oozing is bothersome, elevate your head and place a well-moistened tea bag in your mouth over the bleeding site for several minutes. This will usually reduce the bleeding significantly. **If you feel that you are having unexplained or excessive bleeding and the teabag is not effective within 20-30 minutes, please call us immediately!**
- **Swelling / Bruising** – regardless of the use ice packs, you still may experience a certain amount of swelling or bruising based on the type of surgery you have had. Some swelling is normal and tend to peak on the 3rd day, subsiding over the next few days. It will often take 7-10 days for the swelling to decrease. **Ice packs** should be placed on the face, adjacent to the surgical site during the first 12 hours (10 min. on, 10 min. off) will help to minimize swelling. **If you are concerned about the amount of swelling you are experiencing, call us.** Bruising is not uncommon and should not be cause for alarm. Your body is just responding to the treatment. **In any case where the swelling is accompanied by a rise in body temperature please contact the doctor immediately!**
- **Pain** – pain may occur after the local anesthetic wears off and several days after the surgery. You will receive prescriptions for pain control and antibiotic medications. **Make sure you follow the instructions and finish all antibiotics. The pain control medication should be taken as needed.**

General instructions after surgery

	<u>No. 3</u>	<u>No. 2</u>	<u>No. 1</u>
Mendicant name	NAROCIN pain control medication	METROGYL/FLAGYL Antibiotic	MOXYPEN FORTE Antibiotic
About the mendicant	Narocin is a member of the arylacetic acid group of nonsteroidal anti-inflammatory drugs (NSAIDs). Narocin has analgesic and antipyretic properties.	Metrogyl is an antibiotic which belongs to a group of medicines called nitroimidazoles. These medicines work by killing or stopping the growth of bacteria and other organisms causing these infections.	Moxypen is used to treat certain infections. Moxypen is in a class of medications called penicillin-like antibiotics. It works by stopping the growth of bacteria.
Quantity	Up to 4 times a day Do not exceed the permissible quantity	1 week 4 times a day	1 week 3 times a day

To avoid complications it is important for you to follow the instructions below as accurately as possible

- Do not eat hard or warm foods for first 24 hours – eating foods that are hard like crusty bread and pop-corn may damage the tissues. The surgical site is delicate so eat soft and cold foods only such as ice cream and yogurt.
- Do not smoke – it is very important that you do not smoke at least one week after the surgery. Preferably you should avoid smoking 6 weeks after the procedure. Smoke will slow down the healing process and may cause infections as well to any surgical site.
- Avoid strenuous exercise – strenuous exercise will case the blood pressure to increase and may cause bleeding at the surgical site.
- Do not remove the stitches – even if the stitches may become annoying it is important not to try to remove them. You could cause more bleeding.
- Brushing your teeth – One day after the surgery you can start brushing your teeth twice a day. You can brush your teeth after the surgery using an extra soft toothbrush. **At the surgical site brush extra gently!** Hard toothbrush may accidently cause damage.
- Salt water rinse - Start salt water rinses the day following your procedure. Use one-half teaspoon of salt dissolved in an 8 ounce glass of lukewarm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least four to five times daily and always after eating for the next five days.
- Do not spit – spitting out mouth rinses vigorously will cause pressure and may disturb the surgical site.

If Sinus lift procedure has been performed

- Do not blow your nose - You may get a feeling that there is something in your nose and may want to blow it out like during a cold with a “stuffy nose”. It is important that you DO NOT. The force may cause the delicate membrane that is in the sinus to break before it has a chance to heal. This membrane may at times even be broken and repaired by the dentist making it even more fragile.
- Try to avoid sneezing – although it may be impossible to stop a sneeze there are various things you can do to minimize sneezing activity. Sneezing will create the same forces as would happen with blowing your nose and should be avoided.
 - o Avoid dusty environments.
 - o Avoid foods and items you are allergic to.
 - o Take antihistamine medicine if it is the time of year when you have seasonal allergies or you know you will expose to things you are allergic to and things that will make you sneeze.

If you do catch yourself sneezing do not try to stop it midway it may be worse that just sneezing as normal. Keep your mouth open to let the air out there as much as possible.

- Do not perform actions that increase sinus pressure for a month – such as playing musical instruments that require blowing with your mouth for at least 6 weeks after the surgery. This will cause pressure and may cause damage to your surgical site
- Do not go on an airplane or dive for at least 1 weeks after the surgical procedure – high altitudes will create pressure in the mouth and sinuses and can cause damage to the surgical site.

Dr. Akiva Elad