

Ithaca Oral Surgery and Implant Center

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Not a NY Article 28

INSTRUCTIONS FOLLOWING ORAL IMPLANT SURGERY

Post op. Appointment

Name: _____

Day: _____

Date: _____

Time: _____

Do not touch the surgical site. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue or sutures in the surgical site.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) is rare but can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions. **DO NOT SLEEP WITH GAUZE IN YOUR MOUTH!!!**

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply a frozen gel pack, or a plastic bag or towel filled with ice on the cheek in the area of surgery. Apply the ice on 5 minutes off 20 minutes, as much as practical while awake, for the first 24 hours

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery, and avoid chips, popcorn and other sharp food for 7-10 days. Return to a normal diet as soon as possible unless otherwise directed.

Pain

You should begin taking pain medication prior to the local anesthetic wearing off. For moderate pain, Ibuprofen (Advil or Motrin) may be taken. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medications if you are allergic, or have been instructed by your doctor not to take it.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection. Should you experience an allergic-like reaction, stop the medication and contact Dr. Noren.

Oral Hygiene

Good oral hygiene is essential to good healing. The day after surgery, warm salt-water rinses (one half-teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. **THE EXCEPTION IS IF THERE WAS GRAFTING DONE WITH BONE. NO RINSING AT ALL IF THIS IS THE CASE.** Brushing your teeth is no problem. Ask Dr. Noren how the healing abutments should be cared for. Generally, the healing abutments should be cleaned gently with a moist q-tip daily.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

Any questions, call 273-0327 if non-urgent, or, 319-0646 if urgent after hours.
