

After Placement of Dental Implants and/or Grafting

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. In most situations, there may be a metal healing abutment which will be visible protruding through the gingival (gum) tissue.

What To Expect

- **Bleeding:** There may be some bleeding, usually just on the first day.
- **Numbness:** You will be numb in certain areas for a time after the procedure, depending on the procedure and medication used. If your tongue or lip is numb, please be cautious about chewing food while numb.
- **Swelling:** There may be some swelling that occurs, and this is completely normal. It might worsen for the first 48-72 hours before it starts to go down. There are ways to reduce this- see aftercare instructions.
- **Pain:** You should expect some pain and soreness varying from person to person. For most people 3-5 days of soreness may be expected. Please follow the prescribed pain control therapies.
- **Nausea/Vomiting:** This is rare, but some are more prone to nausea and/or vomiting.
- **Nutrition:** You may not have much of an appetite afterwards- please even if you do not feel like eating it is important to get proper nutrition, calories and hydration for healing purposes. If you neglect this, everything becomes worse and more drawn out.
- **Questions:** If you have any questions, please call the office at 720-870-1451. We will be happy to answer any questions or concerns.

Aftercare Instructions

- **Pain Control:** Dr. Russell prefers you to take safe medications using a proactive protocol- this means you will take the non-opioid medication whether in pain or not for a minimum 5-day period. We recommend 1 tab (800 mg) prescription ibuprofen (Motrin) and 1 tab Arthritis Strength acetaminophen (Tylenol) three times a day. Take the ibuprofen and Tylenol together.

The prescribed narcotic should only be used for breakthrough pain. It contains acetaminophen, and so a maximum of 3 tablets daily is recommended. If you find you are taking large amounts of pain medication at frequent intervals, please call our office, you may need to be seen by the doctor. Young children and those that weigh less than 100 lbs. will have different doses. All pain medications should be taken after eating to prevent nausea.

****No narcotic prescriptions will ever be sent in by phone request or over a weekend****

- **Cold Packs:** 48 hours of cold for 20 minutes on and 20 minutes off your surgical sites. You may use the wrap and gel pack provided.
- **Brushing:** Begin your normal oral hygiene routine as soon as possible after surgery. DO NOT use a waterpik/water flosser around the implant/bone grafting site. You may use a toothbrush to brush the gums very gently. Turn off any electric toothbrush when brushing near the surgical site. Avoid aggressive swishing, sucking, or spitting. **(This WILL wash the graft out).** Soreness and swelling may not permit normal brushing, but please make every effort to clean your teeth within the bounds of comfort. A clean mouth prevents infection. If you were given a syringe, please DO NOT use this to irrigate the implant/bone grafting sites, it is to only be used at extraction sites without an implant/bone graft.
- **Mouth Rinses:** Keeping your mouth clean after surgery is essential. Begin 48 hours after surgery, using a saltwater rinse swishing gently (only tilting head back and forth) Use ¼ teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse with portion of the solution taking 5 minutes to use the entire glassful. Repeat as often as you would like, but at least two or three times daily. You may begin to use an alcohol-free mouth rinse (5 days) following surgery. Also swishing very gently. NO vigorous SWISHING until after your follow-up appointment with our office.
- **Diet:** Your tongue and lips may still be numb, so it is advised to confine the first day's intake to liquids or pureed foods (puddings, yogurt, milk shakes, warm soup, etc.). Avoid any straws, as well as extremely hot foods and liquids. It is best to avoid foods like nuts, seeds, popcorn, chips until healed (usually 2 weeks). These may get lodged in the socket areas. Also avoid acidic juices and sodas for the first few days. Over the next several days, you may gradually progress to more solid foods (eggs, mac-n-cheese, spaghetti, soft/tender meats, etc.) See the "List of items to purchase before surgery sheet" that was given to you in your folder at the consultation appointment. It is very important to not skip any meals and drink plenty of water! A high calorie, high protein intake is very important, and if taken regularly you will feel better, gain strength, have less discomfort, and heal faster. If you are diabetic, maintain your normal eating habits or follow instructions given by your doctor.
- **Wearing your Prosthesis:** Partial dentures, flippers, or full dentures, should not be in contact with surgical sites for at least 10 days. Frequently you will need to see your dentist to "adjust" your prosthesis to improve fit and protect surgical sites.
- **Physical Activity:** Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Please avoid any strenuous activity for 1 week after your procedure.