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Excel Dental & Implant Center Excel Orthodontics

Dental Implants

Following placement of implants please follow these instructions to make yourself more comfortable, promote healing and help prevent any possible complication

- ❖ The effects of sedation may last several hours. Please do not drive or operate machinery. The drugs used for sedation produce amnesia and help reduce the memory of your surgery.
- ❖ You will leave the office with wet gauze covering the surgical site. Apply pressure for 30 minutes. Wash hands and remove gauze after 30 minutes.
- ❖ Some blood is normal. If bleeding continues, use the provided extra gauze and apply pressure for another 20 minutes. Repeat if necessary, if bleeding is persistent, place a moistened tea bag to the area and apply pressure for 20 minutes.
- ❖ Vigorous exercise should be avoided for the first 24 hours following surgery. Exercise may cause increased bleeding. Start back slowly based on how you feel.
- ❖ A nutritionally balanced soft food diet with plenty of fluids is crucial during the first 24 hours.
- ❖ Within the first 24 hours avoid using straws, rinsing vigorously, smoking and alcohol. Any of these actions may disturb or dislodge the protective blood clot from the surgical site and delay healing.
- ❖ 24 hours following surgery, gently rinse mouth with lukewarm salt water 3-4 times a day
- ❖ Ice bags may be used to aid in pain control, and to help minimize swelling and bruising
- ❖ If nausea occurs take one ounce of a carbonated drink every hour for 5-6 hours, along with some crackers.

Bone Fragments:

Small bone fragments often separate from the surgical site during healing. If you feel a fragment or spicule in the surgical area it will probably work its way out. If it is sharp or painful, call for an appointment. Generally these fragments are easily removed without discomfort.

Medications:

Please take the prescribed medications as directed unless an allergic reaction develops. If an allergic reaction develops please contact the office as soon as possible.

Special Precautions:

If numbness persists beyond 12 hours, please call our office. If you have had an upper implant placed or sinus graft performed, avoid blowing your nose for 8 days. Do not sneeze with your mouth closed, but try to keep the mouth open as you control the sneeze.

If you had a sinus augmentation or any other type of bone grafts you may have been prescribed an antihistamine to take before and several weeks following surgery. If you have signs of elevated temperature or excessive swelling, please call our office.

Your Comfort is Our Priority. Please do not hesitate to contact our office. Our staff will be happy to assist you!