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INSTRUCTIONS AFTER IMPLANT PLACEMENT

After placement of dental implant, do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be metal healing abutments protruding through the gingival (gum) tissue. In some cases, the abutment will not be visible immediately following surgery.

BLEEDING

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding should not occur, 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.

SWELLING

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack or towel filled with ice on to the cheek area for 20 minutes on, then 20 minutes off, especially in 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. Return to a normal diet as soon as possible unless otherwise directed.

PAIN

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, Ibuprofen (Advil or Motrin) may be taken. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. **Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it.**

ANTIBIOTICS: If you're are given antibiotics, be sure to take the prescribed medications as directed to help prevent infection. If you are not given post-operative antibiotics, it is most likely because one was not required.

ORAL HYGIENE

Good oral hygiene is essential to good healing. **If prescribed**, starting the day after surgery, Peridex should be used two times daily; after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm salt-water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Use a cotton swab (Q-Tip) moistened with Peridex to gently clean the healing abutments three times a day. If at any time you notice any looseness or mobility of the abutments please call our office for instructions.

ADJUNCT PROCEDURES

If you have had adjunctive procedure performed along with your implant surgery such as Bone or Soft Tissue Grafts please see the appropriate section for instructions.

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.

WEARING YOUR PROSTHESIS

Make sure to receive instruction regarding your temporary appliance from your surgeon following your procedure.

If, after your procedure, you have any questions or concerns please feel free to contact your oral surgeon.

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