



## **Casas Adobes Oral & Maxillofacial Surgery**

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### **POST-OPERATIVE INSTRUCTIONS: IMPLANTS**

#### **Important**

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There will be a metal healing abutment protruding through the gingival (gum) tissue.

#### **Bleeding**

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues profusely, please call for further instructions.

#### **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling apply an ice bag, or a plastic bag or towel filled with ice, on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 36 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 prescribed or over the counter pain medication as soon as you feel the local anesthetic wearing off. For those with no medical contraindications to NSAIDs (e.g., Ibuprofen, Advil), 600mg can be taken every six hours. If the NSAIDS do not control the pain to a level of 4/10 or less, consider adding regular strength Tylenol (325mg) to the regimen.

For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic to them or have been instructed by your doctor not to take it. Do not drive an automobile or work around machinery if taking narcotics. Avoid alcoholic beverages. Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

#### **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection.

#### **Oral Hygiene**

Good oral hygiene is essential to good healing. Warm salt water rinses (one teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day as well, especially after meals. Brush your teeth and the healing abutments. Be gentle initially while brushing the surgical areas.

#### **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. Keep in mind that you are probably not taking in normal nourishment. This may weaken you and further limit your ability to exercise.

#### **Wearing Your Prosthesis**

Full dentures, partial dentures, flippers, and Essix retainers may be delivered upon the day of your surgical procedure. Details on when to wear and how to use your appliance will be given during the consultation or during post-operative instructions.

*It is our desire that your recovery be as smooth and pleasant as possible. If you have any questions regarding your procedure, please call our office at (520) 742-6136. If you call after normal office hours, you will receive our answering service and our on-call doctor will be able to assist you.*