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INSTRUCTIONS AFTER PLACEMENT OF DENTAL IMPLANTS

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 gum tissue.

Bleeding

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

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack to the cheek in the area of surgery. Apply the ice continuously, as often as possible, for the first 12 hours.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Do not eat directly over the surgical site.

Pain

You should begin taking pain medication before you feel the local anesthetic wearing off. For 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

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

Oral Hygiene

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Chlorhexidine Oral Rinse before bed. Beginning the day after surgery, the Chlorhexidine should be used as directed. Be sure to rinse for at least one minute then spit it out. Warm salt-water rinses (one teaspoon of salt in a cup of warm water) should be used at least four to five times a day, as well, especially after meals. Brushing your teeth with the abutments in place is not a problem. Be gentle initially when brushing the surgical areas.

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.

After Bone Grafting

The following information applies when grafting material has been placed into the surgical site. Your bone graft is made up of many particles. You may find some small granules in your mouth for the first several days. Do not be alarmed by these. It's normal to have some of them come out of the graft site and into your mouth. There are some things you could do to minimize the amount of particles that become dislodged:

Do not disturb or touch the wound.

Avoid rinsing or spitting for 2 days to allow blood clot and graft material stabilization.

Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.

Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures.

Do not smoke.

Following the second day, gentle rinsing would be allowed but not too vigorously as you can again disturb some of the bone graft granules

MAINTAINANCE AFTER THE PROSTHESIS IS FIXED IN THE MOUTH

Oral Hygiene

Keeping your mouth clean always is essential to reduce the risk of infection. Salt water rinses can be continued for 2-3 weeks. Use one-half teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least three to four times daily.

When brushing, be very gentle and use a soft brush.

We may prescribe an antibiotic rinse (Chlorhexidine, Periogard, Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day may cause staining of your teeth.

Oral irrigators/Water Flossers

It is highly recommended for patients to use oral irrigators for the reduction of plaque/biofilm, inflammation, and hard-to-reach emergence profiles. Waterpik Water Flosser is an oral irrigator

to be proven safe and effective with dental implants. The irrigation using the soft rubber tip (PikPocket Tip) at lower pressure is more effective. Waterpik Water Flosser with the standard tip with three bristle filaments (Plaque Seeker Tip) used at medium pressure around implants are very effective and deliver anti-microbial rinse around difficult-to-reach prostheses (All-on-4, full-fixed prosthesis, for example) in a prevention of peri-implant disease.

Smoking

Do not smoke for at least two weeks after surgery, if at all. As discussed at your consultation, smoking dramatically increases the risk of bone graft and implant failure.

Diet

First three months after the surgery restrict yourselves to soft diet and semisolids. It's preferable to continue with the same diet till the first provisional denture is in place, that is for the first 4-6 months.

Follow up visit

A Panorama/ OPG Xray can be taken to assess the healing of implants at 3 months. Six months from the date of implant placement, the patient can report to the clinic for the permanent prosthesis.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please talk to **Dr. D Paul @ 0091 8885060750**