



MIDDLE GEORGIA
ORAL & MAXILLOFACIAL
SURGERY

Post-Operative Instructions Following Dental Implant and Bone Graft Surgery

BLEEDING

- Bite down gently but firmly and constantly on a folded piece of gauze over the surgical site for one hour after your procedure. It is common to have some mild oozing for up to 24 to 48 hours.
- If bleeding still persists, bite more firmly on the gauze moistened with water or soaked in strong, regular black tea (which contains tannic acid that helps with clotting) for an additional hour and make sure the gauze is positioned directly over the surgical area.
- If bleeding does not decrease with pressure, please call our office immediately.
- **Do not** sleep or eat with gauze in your mouth

WOUND CARE

- Do not disturb the surgical area for at least 48 hours. Aggressive rinsing, spitting, manipulation, or the use of straws within 48 hours can disturb the clot, open the wound and prolong bleeding which will delay healing.
- If your surgeon placed a silver healing abutment over the dental implant, begin cleaning the abutment after 24 hours with a Q-tip moistened with tap water and with a small amount of toothpaste. It is important to keep the abutment clean to allow proper healing of the surrounding gum tissue.
- Avoid using a WaterPik®, electric toothbrush, peroxide, or other OTC mouthwashes for 2 weeks.

DIET

- For the first two days, your diet should consist of soft foods. Avoid hot liquids or chewing on the implant or bone graft site.
- After 48 hours, it is usually safe to resume your normal diet but try to avoid chewing on the surgical site for as long as possible.

PREVENTING SWELLING & BRUISING

- Swelling and bruising are normal after oral surgery and may appear worse 2 to 3 days later. This may last up to a week, so it is important to prevent swelling as much as possible by icing and limiting your physical activity for 48 hours. Ice early and often.
- Avoid bending, lifting, exercising or other strenuous activity for at least 4 days
- Apply ice packs to the cheek adjacent to the surgical site (30 minutes on and off, alternating) for 48 hours switching to heat after 48 hours in the same location. Heat is more effective than ice after 48 hours.

ANTIBIOTICS

- Take all of the antibiotic pills as directed until the prescription is done to prevent infection or bacterial resistance.
- If you are taking birth control pills, you should use a back-up birth control method until your next cycle, as some antibiotics decrease the effectiveness of oral contraceptives.

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PREVENTING DISCOMFORT

- Some discomfort is to be expected after oral surgery with most of the discomfort in the first 48-72 hours. This should lessen each day.
- BEFORE the local anesthetic is expected to wear off, take an over the counter (non-Aspirin) pain reliever such as Tylenol, Motrin, Advil, Aleve, or prescription pain medications.
- If you have never taken prescription pain medication, start with half a pill and take it with food.
- **Do not** drive, operate heavy machinery, drink alcohol, or take other sedative medications while taking prescription pain medication.

FOR BONE GRAFTS

- Bone grafts are made up of many sand-like particles/granules, some of which may come out during the first week.
- Begin rinsing gently after 2 days, but **do not** rinse vigorously for 3 to 5 days.
- Do not touch the grafted area as the material is movable during initial healing.

WEARING YOUR PROSTHESES

- If you wear a “flipper”, partial denture, or full denture, keep it out until the bleeding has stopped and your local anesthesia has worn off. These prostheses should not touch the gum near the surgical site or the dental implant.
- If you have questions about the fit, do not wear it until we see you for your follow up or until your dentist has adjusted it.

OTHER PRECAUTIONS

- **Do not** drive, operate heavy machinery, or make important decisions for 24 hours if you have had IV anesthesia.
- **Do not** smoke as it increases the risk of implant failure.
- **Do not** use a straw or drink carbonated liquids for a minimum of 3 days.

POST-OPERATIVE VISITS

- Dr. Smalley will see you 1 to 2 weeks after your implant or bone graft procedure to check on your healing, your hygiene, and possibly to remove sutures.

Please call the office (478-353-3053) with any questions.