

## **CARE OF THE MOUTH FOLLOWING IMPLANT SURGERY**

1. Rest for the remainder of the day, avoid strenuous activity and get plenty of rest during the first two days after surgery.
2. Keep head elevated, Consider sleeping on two pillows to elevate your head and cover the pillowcase with a clean towel.
3. NO CARBONATED Beverages (Coke, Dr. Pepper, Fruit 2O, etc) for at least 24 hours.
4. NO STRAWS or any sucking on the surgical site for at least 24 hours
5. Use of cold pack for the first 12 hours will assist with keeping the swelling down to a minimum; note 15 min on—REST-- 30 min off (to avoid frostbite)  
(idea: bag of peas...it is easy to mold around your face vs. hard ice cubes)
6. Drink plenty of fluids and eat soft food for the first 24 hours.
7. On the day after surgery, a light rinse with warm salt water (1/2 teaspoon salt to 8oz water) will help freshen the mouth after meals and about 8-10 times per day for 2 days.
8. For pain, take any aspirin-free pain relief medication (e.g. Advil® or Tylenol®) or the medication prescribed, as directed. Do not take on an empty stomach
9. NO SMOKING / NO DRINKING ALCHOLIC BEVERAGES
10. Brush your teeth and any appliances as usual, keep your mouth and site clean
11. Discuss with Dr. Bobbitt whether you should be wearing your appliances and if not when you may.
12. If bleeding occurs, moisten a sterile gauze pad and place over the surgical site, hold pressure for 30 min. Rest and relax with head elevated. If bleeding continues, dampen a tea bag and place over the surgical site with pressure for 30 min. If bleeding continues, then contact Dr. Bobbitt.

## **WHAT TO EXPECT AFTER IMPLANT SURGERY**

1. Pain, bruising, mild swelling, and some bleeding is normal and to be expected. Mild oozing of blood from the extraction and or implant site may occur for several days. In most cases, excessive fluid in the mouth after surgery is usually a combination of mostly unswallowed saliva and blood, and is of little concern. Questionable bleeding should, however, be brought to the attention of Dr. Bobbitt as soon as possible.
2. Some difficulty chewing is to be expected, as it is not uncommon for patients to clench their teeth for prolonged periods after surgery in the mouth. Allow the muscles to stretch gradually over several days. After the first day of using a cold pack, you may switch to using moist heat (heating pad with a dampen facecloth) to soothe the area(s) of soreness.
3. The proper care following implant or oral surgery will hasten recovery and help to prevent complications. Any significant swelling, pain, or other unexplained symptoms that occur should be brought to the attention of Dr. Bobbitt. Please do not hesitate to call.

**Thank you for the opportunity to provide for your care.**