

Congratulations! You have just had dental implants placed to restore your missing tooth or teeth. Implants have proven successful over a long period of time. The high success rate is due in part to your commitment to maintaining your excellent oral hygiene and following these guidelines for proper post operative care. Please read them carefully.

Oral Hygiene

Following surgery, the mouth may be rinsed gently with warm salt water solution - 1/2 teaspoon of salt in a large glass of warm water - after each meal and at bed time. The teeth should be brushed, but avoid the site of surgery for a few days. Depending on the type of implant used, and if your implants are buried under the gum tissue, there is no additional care needed at this time. You will receive instructions when the implants are exposed, in approximately 4-6 months. If the implants become exposed early let Dr. Vinson know. This will not compromise the case as long as your oral hygiene is excellent.

Smoking

Smokers are advised not to smoke for at least 7 days after surgery.

Activity

Avoid over-fatigue. Go to bed early at night and get adequate rest during the day.

The following conditions may occur, all of which are considered **NORMAL SIDE EFFECTS FROM DENTAL IMPLANT SURGERY:**

- **Bleeding**
Slight bleeding is expected. Assume a semi-upright bed position using two pillows. Avoid spitting and/or smoking as this causes bleeding by creating suction in the mouth.
- **Analgesics and Antibiotics**
Have your prescriptions filled and take as directed. If you develop hives or a rash, discontinue the offending medication and call our office immediately.
- **Swelling**
Apply an ice pack to your jaw IMMEDIATELY upon completion of the surgery continuously for 48 hrs. Some swelling is to be expected. It is most marked by the second day.
- **Black and Blue Marks**
Bruising on the face is caused by slight internal bleeding into the cheeks or chin. This appears on the second or third day and gradually disappears over a couple of weeks.
- **Dry Lips**
If the corners of the mouth are stretched, they may dry out and become cracked. The lips should be kept moist with Vaseline or Chapstick continually.
- **Temperature**
You may have a slight temperature variation for 24 to 48 hours following surgery. If it continues to rise, after this timeframe, please notify our office. It may be that you are **DEHYDRATED** and just need more fluids, or you could be developing an infection.
- **Diet**
Skipping meals will add to your discomfort. A clear liquid diet is wise the first few days after surgery, and then full liquids including milk products, for the next few days followed by soft food high in vitamins and protein is recommended. Increase your fluid intake. Watch for irregularity of bowel habits.

PLEASE IMMEDIATELY REPORT ANY OF THE FOLLOWING TO THE OFFICE:

- **Excessive bleeding** (bleeding which makes it necessary to change a saturated pad every 10 minutes)
- Any **itching, rash**, or reaction to any of the medications.
- **Temperature** above 101 degrees (taken orally).

If you are uncertain about any instructions, PLEASE ask any questions that may arise. DO NOT try to assume what may, or may not, be harmful in your situation. It is easier to intercept potential problems early, rather than late.

In case of an emergency, Dr. Vinson can be contacted at (917) 887-1792