

## IMPLANT SURGERY POST-OPERATIVE INSTRUCTIONS

**IT IS GENERALLY RECOMMENDED THAT YOU GO DIRECTLY HOME AND REST FOR THE REMAINDER OF THE DAY. AVOID ANY STRENUOUS ACTIVITY FOR THE FIRST SEVERAL DAYS.**

**For the next several days, following surgery DO NOT: spit, smoke, rinse hard, drink through a straw, or create a “sucking” action in your mouth as these actions promote bleeding. Limit talking during the first 24 hours. For the first week avoid alcohol and tobacco.**

ORAL SEDATION: if you are taking oral sedation prior to your surgery you will need someone to drive you to and from your appointment, and someone at home upon your return to stay with you for the first few hours. There is a wheelchair available in the office to assist with transporting the patient if needed.

DISCOMFORT AND MEDICATION: Implant surgery, like other surgeries, can be associated with varying degrees of discomfort.

- If you received a prescription for pain medication, take as directed. It is recommended that you take the first dose while the surgical site is still anesthetized (numb).
- If you have been given a prescription for antibiotics it should be taken as directed until the medication is finished, unless directed otherwise by Dr. Keyes.
- If you were given Dexamethasone tablets, take two tablets soon after the surgery, then take two tablets every morning and evening for the following few days.

DO NOT drive a vehicle until you have determined that the medications do not make you groggy. While on the prescription medications, do not drink alcoholic beverages or take over the counter medication (unless cleared by your doctor)

### SWELLING/BRUISING:

- Swelling and/ or bruising is not unusual following many procedures. The swelling normally is at its maximum on the third post-operative day and slowly decreases thereafter. Black and blue marks may appear. Any unusual/large swelling or hot, pulsating sensation should be reported to Dr. Keyes at once.

### BLEEDING:

- You may notice a slight oozing of blood from the surgical site(s). This type of MINOR bleeding for one or two days is not unusual and is not a major concern. If the bleeding does not stop or is excessive, call Dr. Keyes for assistance.

### SUTURES:

- Sutures that have been placed at the surgical site(s) will need to be removed approximately 2 weeks after surgery.

### MOUTH CARE:

- Come to your appointment with your mouth as clean as possible.
- An ice pack should be applied to the face in the area of the surgery, 15 minutes on and 15 minutes off for the first day, then apply as much as possible for the following two days.
- **DO NOT** brush or floss your teeth after surgery for the first day.
- Rinse your mouth gently 4x/day following surgery, using the anti-microbial rinse supplied.
- On the day after surgery, begin to brush and floss **all other** areas of your mouth gently, avoiding the surgical site(s) and periodontal dressing.

### NUTRITIONS:

- After surgery, warm (not hot) food and fluids are acceptable. On the day of surgery it is best to restrict your diet to fluids and very soft foods. For example:  
-potatoes                      -eggs                      -oatmeal                      -jell-O  
-yogurt                          -soups                      -pancakes                      -soft fruits/ bananas  
-pudding                        -ice cream                      -milk shakes                      -applesauce  
-food supplements
- The diet during the remainder of the first postoperative week should be softer in nature than your normal diet and could include:  
  
-beans                              -rice                              -noodles                              -cottage cheese  
-ground beef                      -casseroles                      -fish                              -cooked vegetables
- Avoid hard, chewy, fibrous or spicy foods, i.e. **popcorn, fresh garden salads and corn chips**. Good nutrition is essential to healing so be sure to eat well balanced meals during the course of treatment. It is also important to drink plenty of fluids during this time.  
*Please do not use a straw.*

### EXERCISE:

- Avoid strenuous physical activity during your immediate recovery period, usually 4-5 days. It is advisable not to work out for one week following surgery. Try to avoid sudden movement and bending.

### AIR TRAVEL:

- Avoid air travel for 4-5 days following surgery. Pressure changes experienced during flight may cause bleeding and discomfort.

**To report an emergency or concern, please call Dr. John Keyes immediately at 250-385-7511**