

Great Park Dental

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Post-Operative Instructions For Implant & Extractions

We would like to thank you for choosing us to perform your surgical procedure. We have provided some basic post-operative instructions to make your recovery as comfortable as possible. If you have any questions or concerns, please contact our office and a member of our surgical team will return your call in a timely fashion. Extensive dental implant procedure, large bone grafting procedure, removal of wisdom teeth and surgical extractions are different from the extraction of erupted teeth.

- **Post-op course:** is variable depending on the procedure, medical conditions and patient response
- **The surgical site:** The first stages of healing are aided by allowing tissues to rest. Avoid vigorous chewing, excessive spitting, or rinsing for the first 24 hours as initial healing may be delayed, active bleeding restarted, or infection introduced.
- **Stitches:** Do not worry about the stitches if they start to come out. Most sutures usually dissolve in 5-7 days. Some sutures may require removal.
- **Swelling:** Is normal, peaks on 2nd or 3rd post-operative day. Will improve over weeks. Immediately following procedure, apply an ice bag over the affected area. Use 20 minutes on and off for 24-48 hours. This reduces swelling and discomfort. If an ice bag is unavailable, simply fill a heavy plastic bag with crushed ice. Tie end securely and cover with a soft cloth and avoid skin irritation. Bags of frozen peas work well. Use moist heat after 48 hours.
- **Pain:** Take the antibiotics and pain medication before numbness wears off. Some degree of discomfort and pain arises as the numbness subsides. For medium or severe pain ice, control of swelling with ice, head elevation and take prescribed pain medication regularly. Prescription pain medication can decrease alertness, decrease breathing or cause nausea. All pain medication have the ability to cause severe nausea and vomiting, so try to have some food in your stomach before you take them. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 72 hours, sometimes peaking on the 3rd post-operative day. Relief should begin on the 4th post-operative day. Pain is individualized depending on the procedure, the swelling and individual pain tolerance.
- **Bleeding:** is to be expected following surgery. Once the oozing has slowed down, try to avoid placing gauze or any other irritant near the surgical site as this will only lead to further bleeding and discomfort. If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge to the bleeding site. Repeat if necessary. Head elevation on a sofa or a few pillows, ice bags, less movement of wound, special mouth rinses for patient with bleeding tendencies will reduce bleeding. Avoid heavy activity, avoid heat and hot bath. Pre-existing high blood pressure or bleeding tendencies can increase bleeding. If bleeding still persists, call our office.
- **Oral Hygiene:** 24 hours after surgery, rinse mouth gently with one-half teaspoon of salt dissolved in a glass of water. Repeat after every meal or snack for 7 days.
- **Diet and Hydration:** FLUID INTAKE IS VERY IMPORTANT. You can advance to soft foods and other fluids as tolerated. Please avoid hot liquids until numbness has worn off, and the bleeding has stopped. Eat soft, nutritious foods and drink plenty of liquids-with meals and in between. Have what you wish, but be careful not to disturb the blood clot.

Once you are tolerating a comfortable soft diet, you may try foods with a harder consistency. If it hurts to eat harder food, then transition back to soft foods until comfortable. Apple sauce, blended smoothies (Jamba Juice, Juice It Up-- without a straw), congee (soupy rice/porridge), cottage cheese, cream of wheat, eggs (boiled soft or scrambled), Ensure or Slim Fast or other nutrient rich shakes, ground meats, frozen yogurt, ice cream (no small nuts, candy bits, or hard chunks), Jell-O, mashed potatoes, noodle meals or macaroni and cheese, oatmeal, pudding or custard, soft fruit (canned peaches, ripe avocado, ripe banana), soup (not too hot) or pureed vegetables.

- **Foods to avoid:** Nothing through a straw-- negative pressure (suction) may stimulate bleeding, loosen sutures and delay wound healing. Nothing hard, crunchy, spicy, sticky (chewy, candy, gum), with sharp edges (tortilla chips, fish bones), and too acidic (grapefruit juice).
- **Activities:** Limit activity during the first 24-48 hours after surgery. Excessive exertion may lead to post-operative bleeding and discomfort. When you lie down, keep your head elevated at least 45 degrees on a pillow. Do not drive an automobile for 24 hours following surgery if you have had general anesthesia or if you are taking prescription pain medication.
- **Your Regular Medications:** Take any regularly scheduled medication on your regular schedule unless advised to do otherwise. Patients taking blood-thinners (i.e. Coumadin) should restart those medications after surgery unless there is any sign of continued bleeding or unless instructed by your doctor.
- **Nausea:** May result from sedative medication, pain medication, or swallowed blood.
- **Rest:** Adequate sleep and rest is critical to optimal healing and recovery
- **Do not smoke:** for at least 5 days after surgery. Nicotine may delay healing.
- Corner of the mouth may dry and crack. Keep lips moist with cream or ointment.
- There will be a space where the tooth was removed. This will gradually fill in with new tissue.
- **Fever:** slight elevation of temperature for 24-48 hours may occur. If persists, please notify us.
- **Bruising:** In the area of extraction may occur. This may occur on skin in older patients or patients with bleeding tendencies.
- **Trismus (stiffness):** of the jaw and difficulty in opening your mouth may occur.
- **Earache:** may develop. Sore throat may develop.
- **Teeth ache:** other teeth may have referred pain and ache temporarily.
- **Women taking birth control pill:** some antibiotics reduce its effectiveness.
- **Numbness of lip and/or tongue:** very rarely occur, last for a variable period of time.

Dental Implant General Instructions

- Do not wear your complete or partial dentures until your doctor gives you permission to do so. If a temporary tooth was/is to place on your implant today, it is critical that you do not bite on this tooth until your doctor allows.
- Occasionally, the cover screw or healing abutment may loosen or fall out. This should not affect the stability of your implant. It is important, however, to call us as soon as possible so we can replace it for you.
- It is absolutely essential that all follow-up appointments be kept. Routine follow up appointments allow us to identify potential problems that could complicate your recovery.

IF YOU FEEL THAT HEALING IS NOT PROGRESSING IN A NORMAL FASHION:

- You should experience no trouble if you follow the instructions and suggestions as outlines.
- But if you have any problems such as excessive bleeding, pain, or difficulty in opening your mouth, call us immediately for further instructions or additional treatment.

- **CONTACTS OUR OFFICE IMMEDIATELY (949-679-0043) AND A MEMBER OF OUR SURGICAL TEAM WITH RETURN YOUR CALL IN A TIMELY FASHION.**

Remember your follow-up visit

It is often advisable to return for a post-operative visit to make sure certain healing is progressing satisfactorily. A follow-up visit will be scheduled. In the meantime, maintain a healthy diet, observe rules for proper oral hygiene, and visit your dentist for regular check ups.

Foods to Eat After Surgery

What to eat? Foods to eat after wisdom tooth surgery

- Apple sauce
- Blended smoothies (Jamba Juice, Juice It Up--without a straw)
- Congee (soupy rice/porridge)
- Cream of wheat
- Eggs (boiled, soft, scrambled)
- Ensure or Slim Fast or other nutrient rich shake
- Grounded meats
- Frozen yogurt or yogurt
- Ice cream (no small nuts, candy bits, or hard chunks)
- Jell-O
- Mashed potatoes
- Noodle meals or mac and cheese
- Oatmeal
- Pudding or custard
- Soft fruit (canned peaches, ripe avocado, ripe banana)
- Soup (not too hot) or pureed vegetables

Foods NOT to Eat After Surgery

- Nothing through a straw--negative pressure (suction) may stimulate bleeding, loosen sutures and delay wound healing
- Nothing hard or crunchy
- Nothing too spicy
- Nothing too sticky (chewy candy, gum)
- Nothing with sharp edges (tortilla chips, fish bones)
- Nothing too acidic (grapefruit juice)

Proper nutrition, hydration, and rest will allow for optimal healing and recovery.

Once you are tolerating a comfortable soft diet, you may try foods with a harder consistency. If it hurts to eat the harder food, then transition back to soft foods until comfortable. Keeping your mouth clean with gentle salt water mouth rinses and gently brush your teeth so food doesn't get trapped in the wound. However, excessive mouth rinsing may dislodge clots, stimulate bleeding, and delay healing.