

# Andrew R. Glenn, DDS, MD

## Surgical Instructions

### After Placement of Dental Implants

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue.

### Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding may be controlled by placing a tea-bag (soak with warm water and ring out) with some pressure on the area for an hour or two. If bleeding continues please call for further instructions.

### Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag (i.e. frozen peas/corn), or towel filled with ice on the cheek in the area of surgery. Apply the ice intermittently, as much as possible, for the first 36 hours.

### Diet

Drink plenty of fluids. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

### Pain

For moderate pain, a scheduled dose of an anti-inflammatory medication is recommended, typically Ibuprofen 600mg, four times daily.

For severe pain, take the additional prescribed medication (Vicodin/Hydrocodone, Ultram/Tramadol) as directed, with some food. The prescribed pain medicine may make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. Discomfort is usually its worst within the first 24-28 hours of implant placement. If pain persists, it may require attention and you should call the office.

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### **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection.

### **Oral Hygiene**

Warm salt water rinses (teaspoon of salt in a cup of warm water) can be used several times per day, especially after meals. Brushing your teeth and the healing abutments is permissible, though take care to avoid any areas with sutures until your follow-up appointment. Specifically avoid the use of any alcohol-containing mouthrinses in the first couple weeks after implant surgery.

### **Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising.