



PRAIRIE PATH™

ORAL SURGERY • CAROL STREAM

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POST OPERATIVE INSTRUCTIONS - DENTAL IMPLANT PLACEMENT

Please read both sides of these instructions carefully

Congratulations on the placement of your dental implant. While the healing and restoration process may be lengthy, it is important to follow the proper timetables for the best possible success. It is important that all post operative appointments are kept. Sometimes a second surgery is necessary at 3-6 months after placement of the implant.

HEALING

Normal healing after implant placement should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. **The remainder of the post-operative course should be gradual, steady improvement.** If you don't see continued improvement, please call our office.

DISCOMFORT

At times oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medicine. **If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.** Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, chances for nausea will be reduced. Remember that the most severe pain is usually within four to six hours after the local anesthetic wears off; after that your need for medicine should lessen. As always follow the directions on the prescription(s) given to you.

DIET

Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. It is sometimes advisable, but not absolutely required, to confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). It is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the surgical areas. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain your normal eating habits or follow instructions given by your doctor. Any chewing should be done on the opposite side.

EXERCISE CARE

Do not disturb the surgical area today. Do **NOT** rinse vigorously or probe the area with any objects. You may brush your teeth gently. **PLEASE DO NOT SMOKE** for at least 48 hours, since this is very detrimental to healing. There may be a metal healing abutment protruding through the gingival tissue.

OOZING

Intermittent bleeding or oozing overnight is normal and may occur over the next 48-72 hours. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

MOUTH RINSES

Keeping your mouth clean after surgery is essential. Use warm water and gently rinse, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.



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BRUSHING

Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort. Placing your toothbrush under hot water will make the bristles soft and easier to brush.

Sometimes the after effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress or need clarification, please call the office. Calling during office hours will afford a faster response to your question or concern. **Please Note: Telephone calls for narcotic (pain killer) prescription renewals are only accepted during office hours. Office Phone: 630.909.0500.**