



ORAL AND FACIAL SURGERY CENTER

Dr. Barrett R. Tolley, D.D.S.

Diplomate, American Board of Oral & Maxillofacial Surgery



Implant Post-Operative Instructions

*** Please read **ALL** instructions carefully ***

Please Note:

If you were sedated for your procedure or are currently taking prescribed narcotics, it is recommended for the next 24 hours you should not drive a vehicle, operate machinery or power tools, drink alcoholic beverages or make any important decisions.

The Day of Surgery:

Pain - During your surgery, you were given local anesthesia that will begin to wear off within 4-6 hours. Unfortunately, most oral surgery is accompanied by some degree of discomfort. A prescription for pain will be given to you. This should be taken as directed on the label. **If you take the first dose before the local anesthetic has worn off, you should be able to manage your pain better.** Some patients find that the pain medication may cause some nausea; this can be avoided by eating a small amount of food prior to taking pain medication. Often Ibuprofen will be all that is necessary to control any discomfort. Take 600 mg Ibuprofen every 6 hours on the clock, and continue for the next 3 days to help reduce inflammation, pain and swelling.

Swelling - Swelling can be minimized by using a cold pack, an ice bag or a bag of frozen peas wrapped in a towel and firmly applied to the cheek adjacent to the surgical site. This should be applied 20 minutes on and 20 minutes off during the **first 24 hours only** after surgery. Swelling will begin to resolve on day three. It will also help to keep your head elevated. You may notice some tightness of the jaw muscles, various aches or pains throughout your face.

Diet - We have seen the most optimum results from patients who have been able to stay on a cool, smooth liquid diet of liquids as long as possible allowing the bone to fuse to the implant.

Examples of liquids include: Smoothies, milkshakes, puddings, yogurt, ice-cream, applesauce, jell-o. You can eat broths or tomato soup at room temperature.

Hygiene and Care - Do not disturb the surgical area today. Do not use any over the counter mouth washes. Do not brush the surgical area or disturb the gum tissue.

Sutures - You may have sutures present at the surgical site. These can be dissolvable which will take about 7-10 days to reabsorb, or non-dissolvable stitches which will be removed at your follow-up appointment.



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The 2nd Day Post Surgery THROUGH End of Week 1:

Hygiene and Care - Keeping your mouth clean after surgery is essential. You may use a warm salt water rinse to sooth your mouth, keep it clean, promote healing and reduce inflammation. Dissolve 1/4 teaspoon of salt in an 8 ounce glass of water taking 5 minutes to use the entire glassful. Repeat as often as you would like but at least two to three times a day. You may return to your normal oral hygiene routine including flossing and a water pick, still taking care not to disturb the surgical site. Soreness and swelling may prevent vigorous brushing but it is important to make every possible effort to clean your teeth.

Hot Applications - you may apply warm compresses to the skin over the area of the implant (hot water bottle, heating pad, or warm moist towels) for 20 minutes on and 20 minutes off to help soothe tender areas.

Healing - Individual bodies are different, so allow some room for your own unique healing. Otherwise, normal healing after this procedure generally occurs as follows: The day of surgery and the next three days are generally the most uncomfortable, and there is usually some swelling. The remainder of the post-operative course should be gradual, steady improvement. Avoid movements that could stretch the tissue and do not compress the gum tissue which will interrupt blood flow which promotes proper healing for your surgical site.

Temperature - It is normal to run a low grade fever (99-100) for 7-10 days following oral surgery. This reflects your immune response to the normal bacteria that are present in your mouth. A high temperature (>101F) might exist for 6-8 hours after surgery but no more than that. We request that you not take your temperature orally due to the increased risk of contamination of bacteria that can cause an infection.

Emergency - If you are having pain that is unmanageable, or if you have any serious concerns about your healing, please do not hesitate to call us at **850-386-4602**. We can answer any questions that you have, and if necessary, we can see you before your post-operative appointment.