

POST OPERATIVE INSTRUCTIONS FOR YOUR IMPLANT

A submergible implant has just been placed in your mouth. The implant is located under the tissue and usually cannot be seen. This type of implant will usually remain submerged for a period of 3-4 months based upon your body's healing and the type of implant. We will uncover in the second stage procedure.

Two weeks after surgery, we will see you to remove your sutures, and the doctor will reexamine you.

Usually you will be able to continue wearing your present partial denture or flipper. Sometimes it is necessary to leave it in the night of surgery. It is important to keep the appliances as clean as possible during the healing period.

Every consideration must be given to keep the surgical site clean and free of food particles. **The following are instructions for your mouth care after surgery:**

- 1.) NO SMOKING. Smoking is to be avoided for at least one week or longer. Smoking increases the heat in the surgical area and significantly reduces the body's ability to heal the site.
- 2.) Avoid alcohol, commercial mouth rinses, and very hot fluids and foods for 30 hours after your surgery. Room temperature to cold is adequate. Anything that is cooked must be allowed to cool.
- 3.) Gentle rinsing of the mouth should be started the day of surgery. Frequent gentle rinsing with lukewarm saltwater will aid the healing process and maintain cleanliness. Add ½ tsp of salt to a 6oz glass of water. Avoid use of a waterpik near surgical area.
- 4.) Ultra-Soft Brush: Please begin using the brush given to you 24 hours after your surgery to cleanse and stimulate the tissue. It will not harm the sutures. Dip the brush into the saltwater rinse and gently brush directly on the surgical site. Sutures should be brushed at least twice daily.
- 5.) Antibiotics: please take the prescription given as directed. It is very important that the prescription is filled and taken as directed. Please take until all the tablets/capsules are used. Should you develop any hives,

itching, skin rash or difficulty breathing, stop the medication and call the office immediately or proceed to nearest emergency room if needed.

6.) Pain: A certain amount of pain must be expected with all types of surgery. An appropriate pain medication has been prescribed for you. Please take it according to the instructions. It is advised that you do not drive while taking a narcotic pain prescription, however if only motrin is needed, most people are able to drive without a problem.

7.) Swelling: Some swelling and possible minimal bruising is to be expected and is not unusual. In most instances, swelling can be prevented or controlled. Apply an ice pack for 20 minutes on and 20 minutes off during the day for the next two days. The application of ice to the outside of the face over the surgical area will minimize swelling. If after 3 days you still have inordinate swelling or pain, please call the office.

8.) Bleeding: A small amount of bleeding following surgery should not alarm you. If the bleeding is excessive or continuous, please call us at once. Vigorous rinsing of the mouth prolongs bleeding by removing the clotting blood, so when rinsing your mouth, DO IT GENTLY.

9.) DO NOT spit, gargle, or suck through a straw for 24 hours following your surgery. This tends to loosen the sutures, and blood clots.

10.) Diet: Following surgery, it is best to restrict your diet to fluids, or soft foods for the first day. A normal diet may then be resumed the following day but you will want to avoid chewing on the implant site until the tissue is completely healed. Soft food such as Jell-O, pudding, mashed potatoes, scrambled eggs, ice cream, and soups are suggested. If you have difficulty chewing, try putting food in a blender or diet supplements such as carnation instant breakfast or Ensure.

Additional Instructions:
