SCOTT L. THATCHER, D.D.S., V. RUSSELL BOUDREAU, D.D.S.
ORAL AND MAXILLOFACIAL SURGERY

INSTRUCTIONS FOLLOWING PLACEMENT OF IMPLANT(S)

1. DO NOT SMOKE FOR 1 WEEK. Smoking may cause wound breakdown and slow healing and implant failure.

2. BLEEDING - A certain amount of bleeding is expected, and the saliva may be blood tinged for 24-48 hours. Remove gauze when you reach home and if bleeding is persistent, it can be controlled by placing a piece of sterile gauze over the wound and biting on it for 20 minutes. Repeat if necessary. Do not rinse your mouth. It is important that the gauze be placed directly over the site where the implant was placed and not over adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly.

3. SUTURES - If dissolvable sutures were placed. They will dissolve in 5-10 days. If removable sutures were placed, you will need to return to the office in 3-4 weeks to have them removed.

4. PAIN - **See Post Operative Pain & Medication Management Page attached**

5. DIET - Do not drink through a straw for the first 48 hours. Soft, bland, room temperature to cold foods, nothing hot, spicy, hard or crunchy is advisable for the first 24 hours. Example: milk, malted milk, soups, fruit juices, yogurt, jello, etc. as *tolerated.* Avoid extremely hot foods as discomfort, bleeding, and swelling may result. Do not chew where implant is placed until doctor advises you are able to.

6. SWELLING - Following your oral surgery, apply a ice pack to your jaw for 20 minutes, then remove for 20 minutes. Do this as frequently as possible for the next 24 hours. We strongly suggest elevating the head by resting in a reclining chair or placing 2 pillows under the head during sleeping and waking hours.

7. MOUTH RINSE / HYGIENE - Do not rinse the mouth for the first 24 hours after surgery. After that time, use 1/2 teaspoon of table salt in a glass of warm water, diluted mouthwash, or tap water to aid in healing. Do not swish vigorously, as you may disturb the blood clot which is vital to healing. If possible, the mouth should be rinsed four to six times a day for the following 2 weeks.

8. ANTIBIOTICS - If you were given a prescription for an antibiotic, it is very important that these be taken as directed until they are completely gone.

9. IN CASE OF UNUSUAL PAIN, SWELLING, OR BLEEDING - Call the office promptly with any questions or concerns. When calling after hours, please listen to the voicemail to get the information for the doctor on call. Please keep your phone line free for a return call.

NOTE: Do not be alarmed regarding swelling or discoloration (bruising) of the face if it occurs following surgery; it may be perfectly normal and does not necessarily indicate infection. Do not worry about the sutures we have placed in the gum tissue; they were placed there to control bleeding and to help with healing. The grayish color of the blood clot (if present) is normal. ***Full compliance with these instructions will add to your comfort and speedy recovery.***

(513) 521-0110 Finneytown, (513) 755-3500 Liberty Township, (513) 771-4080 Springdale

PLEASE CALL FOR YOUR 2 WEEK POST OP APPOINTMENT.

PLEASE CALL FOR YOUR IMPLANT UNCOVERING APPOINTMENT IN 3 MONTHS.

POST-SURGICAL SIDE EFFECTS AFTER PLACEMENT OF DENTAL IMPLANTS

1. Swelling is normal with any surgical procedure and should peak within 48 to 72 hours, before gradually subsiding. If swelling worsens after 72 hours, contact your surgeon.

2. Bruising occasionally develops near the surgical site and should disappear within several days following surgery.

3. Mild to moderate discomfort may be experienced for 24 to 72 hours after surgery, and pain medication may be required. If intense pain persists that cannot be relieved by prescribed pain medication, contact your surgeon.

4. Stiffness of the jaw muscles may be caused by swelling following surgery. As the swelling decreases, stiffness should disappear.

5. Infection is very rare following implant surgery but may occur occasionally. If fever, persistent swelling, pain or drainage develops, contact your surgeon promptly.

6. Numbness or a tingling sensation in the lower lip, tongue, cheek, chin, gums, or teeth is rare but can occur if implants are placed in the lower jaw and a nearby nerve is irritated. Typically, this is temporary, although in very rare cases it can be permanent.

7. Sinusitis symptoms, such as drainage or pain, may rarely occur if implants are placed in the upper jaw adjacent to the sinus. Sinus symptoms should be reported to your surgeon.

8. Bleeding may occur following surgery but should be easily controlled and consist of occasional oozing during the first 24 to 48 hours. In the rare instance that bleeding is excessive or prolonged, contact your surgeon directly.

9. Bone loss is rare but may occur around the implant if proper hygiene is not maintained or if excessive stress is placed on the implant.

10. Jaw fracture - In very rare cases, implant surgery in the lower jaw may temporarily weaken the jawbone, resulting in a fracture, particularly if the jaw is thin.

11. Although rare, there is always a possibility that an implant may fail. This may be caused by several factors, including the failure of the implant to fuse with the bone, inadequate cleaning or maintenance by the patient, too much mechanical stress (clenching) on the implant or by smoking tobacco or excessive alcohol consumption.

TAKING CARE OF YOUR DENTAL IMPLANT(S)

As the patient, you have a vested interest in achieving the best possible outcome for your dental implant procedure. Once your dental implant treatment is complete, you can begin to enjoy the many pleasures that having strong, secure teeth can bring. Following are some tips for keeping your implants in top condition.

- Floss, brush and maintain good oral hygiene throughout and following the implant process.
- 5-7 days after the implant is placed, start gently brushing around the implant with a soft toothbrush. Run the toothbrush under hot tap water to soften the bristles.
- Continue regular check-ups with your family dentist.
- Keep all appointments with your oral and maxillofacial surgeon and your restorative dentist.
- Practice meticulous oral hygiene according to the instructions provided by your dentist and hygienist. Abutment posts, beneath the prosthesis, artificial teeth, and gum tissue must be kept clean. Home care aids, such as special brushes and floss holders, will help you accomplish this. If you do not keep your implants and prosthesis clean, your implants may fail.
- Smoking and excessive alcohol consumption, as well as chewing hard foods like ice or hard candy, may damage your implants or cause them to fail.
- Contact your surgeon or dentist if you experience problems.

Post Operative Pain & Medication Management

Patients taking medications to relieve pain or other drugs that may slow reflexes should not operate machinery, cars, etc. while taking these drugs. Antibiotics should be taken as directed until the prescription runs out. If you were given a prescription for an antibiotic, it is very important that these be taken as directed until they are completely gone.

To decrease the number of narcotics our patients are being exposed to, we advise our patients to alternate Ibuprofen and Acetaminophen. Ibuprofen, Advil, and Motrin are all the same medication as are Acetaminophen and Tylenol.

We have our adult patients take 800 mg of Ibuprofen every 6 hours and 1000 mg of Acetaminophen in between doses of Ibuprofen. Patients are not to exceed 3200 mg in a 24-hour period of Ibuprofen or 3000 mg in a 24-hour period of Acetaminophen. Patients under the age of 12 should be given age and weight appropriate doses of Ibuprofen & Acetaminophen.

If you are unable to control pain with this regimen, we suggest adding the narcotic pain medication if one was prescribed. If you decide to take the narcotic, please stop taking the over-the counter Acetaminophen. Most narcotics already have Acetaminophen in them. However, you should continue the Ibuprofen as this will help with the pain management and inflammation.

While taking the narcotic pain medication, patients **cannot** drive, operate heavy machinery, or sign legal documents. Please be sure to eat before taking any medication.

If you are on a blood thinner (excluding aspirin) DO NOT take Ibuprofen.

Avoid alcoholic beverages.

If you have any questions, please do not hesitate to call.

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Prescriptions

Antibiotic: _____

Pain Medication: _____

Steroid: _____