



NORTH SYDNEY DENTAL IMPLANTS

POST-OPERATIVE INSTRUCTIONS

- 1 Following implant surgery, you are likely to experience discomfort as the local anaesthetic wears off. Antibiotics and pain relief medication have been prescribed. PLEASE TAKE AS DIRECTED.
- 2 Immediately following your procedure, you should apply an ice pack to the surgical side of your face at 20-minute intervals for the first 72 hours. An ice pack will be provided at the completion of your surgery.
- 3 Please limit yourself to a soft diet initially and avoid hot foods. As healing progresses, you may then eat any non-irritating foods.
- 4 **Abstaining from smoking for 6 weeks following surgery will dramatically improve healing, post-operative convalescence and smoking exerts profound negative effects on implant survival.**
- 5 Please limit yourself to a soft diet initially and avoid hot foods. As healing progresses, you may then eat any non-irritating foods. For a few hours after you leave the office, you may notice that your saliva is slightly pink in colour. This is normal.

Should significant bleeding occur:

- Do not rinse your mouth
- Apply pressure at the site with a moist gauze
- Apply an ice pack
- Limit activity, Excessive exertion of any type is to be avoided

The day of surgery please avoid:

- Smoking
- Sucking on the area
- Excessively hot drinks (room temperature)
- Alcohol for 48 hours
- Do not use a straw (suction) as this may stimulate bleeding

- 6 After 1 week, or as directed, you may gently brush the surgical site.
- 7 A Chlorhexidine rinse has been recommended. Rinse or swab the surgical site daily in the morning and evening for 48 hours following surgery. A gentle salt rinse can be used 2-3 times daily in addition to the Chlorhexidine rinse.
- 8 The teeth in the area surrounding the surgery may seem looser initially. Once healing is complete, mobility should return to pre-surgical levels. Try to ignore the feeling of looseness and do not develop the habit of moving the loose teeth with your tongue, fingers or gritting or grinding your teeth. It is possible to cause further loosening of your teeth with such habits possible to cause further loosening of your teeth with such habits.

PATIENTS ARE ADVISED NOT TO OPERATE A MOTOR VEHICLE OR MACHINERY FOR 24 HOURS FOLLOWING ANY PROCEDURE WHERE SEDATION HAS BEEN EMPLOYED

Should any issues or concerns arise, please call the office. Irrespective of the hour, do not hesitate to contact Dr. Jones and advise him of your concern. After hours you may contact Dr. Jones by mobile phone and contact information given at chair-side.

PAIN MEDICATIONS

Some level of discomfort is to be anticipated for at least the first week following surgery. Dr. Jones will prescribe appropriate medication to ease your post-surgical recovery period. Please take the medication prescribed as directed. It is best not to take pain medication with food. Nausea may develop if pain medication is taken on an empty stomach.

Please contact the office should you have any questions.

ANTIBIOTICS

If an antibiotic has been prescribed, remember to take the antibiotic as directed until completed. Please alert the office should you develop sensitivity. It is generally recommended not to take antibiotics on an empty stomach, as nausea may develop. If antibiotics are prescribed for your planned surgery, please consult with the office regarding the timing of taking the antibiotics and other prescribed medications.

For women currently taking birth control pills, be advised that antibiotics can interfere with the effectiveness of oral contraceptive medication. It is recommended that you consider other contraceptive options for the following month.

SWELLING

Depending on the procedure, you may or may not experience swelling. Swelling represents a normal physiologic response following any surgical procedure and will typically increase for 2-3 days following the procedure. To minimize swelling, an ice pack will be provided at the completion of your surgical procedure. Place the ice pack over the outside surgical cheek area 20 minutes on and 20 minutes off. Continue applying ice packs for the first 3 days following the procedure as regularly as possible. When resting or at bedtime, it is helpful to keep your head elevated with the use of 2-3 pillows to help reduce potential swelling.

BLEEDING

A small amount of bleeding is entirely normal following surgery. Some bleeding and oozing may be expected during the first 24 hours. To minimize bleeding;

- Avoid vigorous chewing, spitting, or rinsing your mouth or sucking through a straw for 24 hours.
- Do not rinse your mouth.
- Keep your head elevated when lying down (2-3 pillows).
- Should bleeding persist, apply moistened gauze or a moistened tea bag to the surgical site with constant moderate pressure for 30 minutes.
- Avoid continually pulling at your lip to check the operative site.
- Don't hesitate to call the office should any concerns develop. After hours, text Dr. Jones' emergency number or emergency email address should bleeding issues or other concerns arise.

DRESSING - PERIODONTAL PACK

In certain instances, a periodontal pack (dressing) may be placed to better control the position of the gum tissue to optimize your surgical result. In addition, the dressing can act as a bandage to protect the surgical site in the hours immediately following surgery. Beyond the first 24 hours following surgery, should the dressing-periodontal pack fall off, this is not a cause for concern. Simply continue with the postoperative protocol as recommended.

ACTIVITY

Limit physical activity during the first 48 hours after surgery. Overexertion may lead to post-operative bleeding and discomfort. When you lie down, keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid possible staining from any blood-tainted saliva. Athletic exertion should not be undertaken for 2 weeks following surgery.

DIET - NUTRITION

Until comfortable, try to limit chewing on the side where surgery was performed. Should a periodontal pack be used, avoid hot foods and liquids for approximately 1 hour following surgery to not soften the dressing. A soft diet is recommended initially. Remember, optimum nutrition is essential to promote healing. (see below for further information)

SMOKING

There exists irrefutable evidence that smoking will negatively impact healing following periodontal surgery. Smoking results in slower rates of healing, increased pain and increased risk of infection.

The effect of smoking negatively impacts on healing and has been shown to compromise the surgical result. Smoking should be avoided especially during the critical 6 weeks following surgery.

ALCOHOL

Do not consume alcohol while taking prescription pain medications. Alcohol has a negative effect on our healing response. It is recommended to refrain from the consumption of alcohol for the first two weeks following surgery.



RINSING

A chlorhexidine mouth rinse will be prescribed to reduce oral bacteria levels and the risk of infection. Prior to surgery, rinse for a full 3 minutes. Avoid rinsing for 24 hours after your surgery to reduce the potential for bleeding from the surgical site. Dr. Jones will advise when it would be appropriate to discontinue the use of the chlorhexidine mouth rinse.

Day 1 (Day of surgery - first 24 hours after surgery)

Do not rinse or brush your teeth. Do not spit.

Day 2 and 3

- a) Brush your teeth, 2 times a day, be gentle around the surgical sites.
- b) If you have a non-fixed denture then remove it, rinse and clean the inside of the denture.
- c) Begin rinsing gently using a glass of warm saltwater (1/2 teaspoon per cup). Repeat rinsing 2 times a day.
- d) Never brush the gums
- e) Never brush an exposed membrane
- f) Never brush the surgical site

Day 3

Same regiments as day 2, however begin rinsing more vigorously, and 3 times a day.

Day 4 until day 42 (6 weeks)

- a) Same regiment as day 2, however now rinse with a little more force.
- b) Continue rinsing and cleaning in this manner for 6 weeks.

ORAL HYGIENE/BRUSHING

Standards of good oral hygiene are critical for the success and functionality of the implants and restoration. The best way to prevent infection and ensure healing is to keep your mouth clean. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. 24 hours post-surgery, it is recommended that you gently rinse with chlorhexidine morning and night. Continue for at least 1 week.

48 hours post-surgery begin rinsing your mouth with warm saltwater rinses (1 tablespoon of salt in a glass of warm water). Continue rinsing with the saltwater mixture approximately 3 or 4 times a day. Brush and floss your teeth and gums as normal in the rest of your mouth (be gentle in areas where the procedure was performed). Do not use a Waterpik® or like device or hydrogen peroxide rinses for at least 2 weeks following surgery. Do not brush the surgical site until the sutures ('stiches') have been removed or alternatively, only when instructed by Dr. Jones. A clean mouth will heal more rapidly, with reduced pain and achieve an improved surgical treatment result.

SENSITIVITY & SUTURE REMOVAL

You may notice a slight increase in sensitivity in the tissues surrounding the sutures approximately 10 days following surgery. As the tissues heal, a process called wound contraction occurs causing the tissues to pull against the sutures. This is entirely normal and not a cause for concern. It is advisable that you take ibuprofen to your suture removal appointment to minimize tenderness. If you are a patient for whom antibiotic pre-medication is required, take the prescribed antibiotics 1 hour prior to your suture removal appointment.

Given the specifics of each surgery coupled with a patient's unique response, feel free to discuss any element of these Post-Operative Instructions directly with Dr. Jones.

SHARP BONY EDGES

You may feel hard, sharp areas on the surgical site. Leave it alone never pick at it or scratch it. Notify the office staff on the post-operative check-up.

INJECTION SITE FOR IV SEDATION

After having intravenous anaesthesia, the arm vein may become hardened and tender. If so, then, apply moist heat over the area for one hour three times a day for three days. Contact Dr Jones if there is no improvement.

STIFF JAW MUSCLES

This may cause a limitation in opening the mouth wide for a few days after surgery. This is a normal post-operative event that usually resolves during the week after surgery. Stretching these muscles may help to speed up resolution of this problem. Do not force your mouth open. Massage the muscles and apply moist heat.



ADDITIONAL INFORMATION

If the corners of your mouth are stretched, they may dry and crack. Your lips should be kept moist with an ointment such as Vaseline or Paw Paw Ointment.

Sore throats and pain when swallowing are not uncommon. The muscles get swollen and the normal act of swallowing can become painful. This will typically subside in 2 to 3 days

With upper jaw implant treatment, you may develop bleeding from the nose. This is usually a temporary finding and typically will not persist past 2 to 3 days. Follow sinus precautions supplied to you if applicable.

An appointment with your dentist may be needed within a few days of surgery to make any adjustments to your temporary denture.

Your case is individual as no two mouths are alike. Discuss all questions or concerns with your Dr Jones as you feel is needed.

POST-SURGICAL FOOD GUIDE

After having implant surgery, it can be difficult to find foods that are both filling and fulfilling while still soft and easy to eat. It's important to eat what you feel comfortable with and to keep in mind people heal at different rates following surgery.

Here is a suggested list of soft foods and liquids you can add to your diet following your implant surgical procedure:

- Clear Liquids- water and ice chips, Gatorade or sport drinks
- Instant breakfast shakes, i.e. Ensure, Boost or Slim Fast
- Oatmeal, Cream of Rice or Wheat, grits or polenta
- Eggs and omelettes
- Pancakes
- Jam on soft bread (not chewy and without crusts)
- Applesauce
- Low acid fruit juices such as pear, apple or vegetable
- Egg, tuna or chicken salad
- Soup broths, cream soups or soft vegetable soups pureed or without hard-to-eat large pieces
- Mushrooms
- Avocados
- Bananas
- Any vegetable (except corn that may lodge beneath prostheses)
- Potatoes or sweet potatoes (well-cooked, mashed, pureed, scalloped or casserole)
- Well-cooked, well-ground or pureed meat and poultry
- Boneless Fish
- Tofu
- Well-cooked pasta
- Refried or well-cooked beans
- Plain ice cream, frozen yogurt, sorbet, juice bars, gelato, mousse, pudding, custard, smoothies, or shakes.

Be careful to avoid berry seeds and desserts available in stores containing various additions such as nuts, dried fruits, crushed candies, etc. These may fall into the surgical sites.)

SUPPLEMENTAL PROCEDURES

Occasionally, implant placement or the preparation for implant placement requires supplemental procedures. These procedures require special instructions which may or may not apply to your clinical scenario. If they do apply, we will review these instructions with you. If they do not, you can ignore them. They are as follows:

SINUS LIFT SURGERY

The upper jaw has a very large sinus in it on both sides called the maxillary sinus. Frequently, the sinus dips down relatively low in the back part of the upper jaw and limits the amount of bone available to place implants. Occasionally, a sinus lift is performed to



lift the sinus membrane up out of the way so that bone and implants can be placed in this area. When a sinus lift is performed, it is important to follow what are termed sinus precautions. They are as follows:

1. Do not blow your nose for 1-2 weeks after surgery. We recommend using a saline nasal spray to sniff back several times per day to keep your sinuses draining properly and to prevent the need to blow your nose. This is very important and should be strictly followed for approximately 2 weeks.
2. If you feel the need to sneeze, please be sure to keep your mouth open so that air can flow out of your mouth and not build up a lot of pressure inside your sinus. We will often suggest that you use a Nasal Spray after a sinus lift. This is a decongestant that can be used twice daily. It is mostly designed to keep the sinus passages open and the nasal cavity open for air transfer. Long-term use of some nasal sprays can be addictive, so we recommend it be used only for the first 2-3 days and longer than this if severe nasal congestion is present. Do not use longer than one week.
3. We typically prescribe an antibiotic to be taken for a week following surgery. Please remember to take your probiotic as instructed while you are taking the antibiotic to minimize antibiotic complications.
4. It is possible to have a small amount of blood come out of your nose the night of your surgery on the side where the sinus lift was performed. This should not be concerning unless the bleeding persists and is more than a few drops.

All of these instructions are essentially designed to prevent the movement of the bone graft and allow for proper healing from your sinus lift.

If you experience a sinus infection, where you have pain on the side we operated on at any time during the post-operative period (even a few months down the road), please notify us.

BONE GRAFTING

Bone grafting can come in many forms when done in association with dental implants. The most common form of bone grafting involves grafting a tooth socket that has experienced bone loss, with or without implant placement. If a tooth has extensive bone loss around it and a dental implant is needed, frequently all the bad tissue in the socket has to be removed and new bone placed. Many times, this can be done at the time of implant placement. But other times, it is done as a separate procedure, and the implant is placed later. The most important thing to remember about the placement of bone graft material is that we want the bone graft material to stay in place. Excessive rinsing in the first 2-4 days after surgery could potentially displace the bone graft material and use of the syringe to flush out a specific socket that has bone graft material in it would be contraindicated because it could flush out the graft material as well.

Other examples of grafting could be larger bone grafts harvested from the jaw and/or hip area. These types of grafts are placed with screws, and the bone is covered very well by gum tissue. It is important to use saltwater rinses in these situations. Please let us know if you feel like the graft is exposed in your mouth or if any of the screws become exposed as well.

If a partial denture or complete denture is worn on top of a bone grafted area, this should be done very cautiously, and close follow-up is needed. Abnormal pressure placed on a graft can cause graft failure; therefore, we ask that you follow all of our instructions very carefully if you are wearing a partial or complete denture over a bone grafted area. At times, the denture will have to be left out after surgery, but we will discuss these instructions in detail with you if this is your case.

