

Implant Dentistry of Virginia
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POST-OPERATIVE INSTRUCTIONS

Bleeding- some mild oozing is normal for **48** hours. To help control bleeding, bite on wet gauze (or a wet teabag) for 30 minutes. If bleeding persists, reinsert the same gauze for 30 more minutes. Sleep with your head elevated. Protect your blood clot and avoid disturbing it. Do not rinse too aggressively. Be careful brushing. Do not expectorate (spit).

Swelling- Minimal swelling is normal and actually may increase slightly on the 2nd or 3rd day. To reduce swelling, apply ice packs for 20 minutes and 4 times per day for the first two days.

Pain/Discomfort- Following a surgical procedure some discomfort is normal. The goal is to control it while it improves each day. In order to best manage discomfort, take your medications before pain starts. A narcotic will help you sleep. A combined dose of Tylenol ES and Motrin 400mg every 4 hours is recommended if your medical condition allows you to take each individual drug.

Hydration- Proper hydration speeds recovery and healing. Drink clear and caffeine-free fluids (i.e. water). Avoid alcohol or carbonated beverages until your wound heals completely.

Eating/Nutrition- Start with liquids such as Ensure or Boost. Then graduate to meatloaf or softened vegetables. **Soft, warm and bland foods** will be more comfortable to chew and less likely to cause discomfort. **Avoid spicy or hot food/liquids.**

Rinsing-**DO NOT** rinse for 24hours and **DO NOT** use commercial mouthwashes for 2 weeks. After 24 hours you may gently rinse with warm salt water (1/2 teaspoon salt per 8oz water). If you have had a graft, be gentle. Do not disturb the site with aggressive rinsing.

Brushing- A healthy mouth heals more quickly. Brush all teeth away from the wound as you normally would do. On the second day following surgery, gently clean the surgical area with an extra-soft toothbrush or Q-tip.

Exercise will increase blood pressure thereby increasing pain and bleeding. Avoid exercise for 2 weeks.

Smoking & Drinking will decrease healing, increase pain and may cause failure of your procedure. **AVOID** the use of cigarettes and alcohol.

Sutures will be removed at the 2 week follow-up visit. Usually, we elect to use resorbable sutures that may degrade and loosen at or just before the 2 week visit. Do not be alarmed if this happens. Contact our office if you have any questions or concerns.

Implants & Grafted Sites- Do not disturb or place pressure on implant or grafted site. It is important that these sites heal undisturbed. However, cleanliness is essential for success. After 48hours, keep the site clean by swabbing gently with a wet Q-tip dipped in saltwater or Chlorhexidine mouthwash.

Dry Socket- If you have severe pain, a bad taste, putrid odor and poor clot formation in an extraction site, then you may have one. The most common causes of dry socket are smoking, aggressive rinsing and drinking through a straw. Please contact our office if you experience any of these symptoms.

Although the occurrence is rare, complications may arise following surgery that may require medical attention. If you experience: severe swelling, prolonged bleeding, severe pain, high fever, dizziness, allergic reaction or any symptoms that concerns you, please contact Dr. Hogan at (757) 971-8164 immediately. In the event you cannot reach us in a reasonable amount of time, go to the nearest emergency room for immediate medical attention.