

Post-Operative Instructions for Implant Procedures
From the Office of Dr. John F. Landis
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Now that your surgery has been completed, follow these instructions to make yourself more comfortable, promote healing, and help prevent any possible complications.

Read all items carefully!

Day of Surgery:

Anesthesia:

Most patients prefer an intravenous sedation to relax them during the procedure. After surgery, it usually takes 3-4 hours for the sedative medications to totally clear your system. (Refer to your pre-operative instructions regarding activities and escort requirements immediately after surgery)

You will also receive injections of local anesthesia (Novocaine) after being sedated. Don't worry, you will not remember them!

Medications:

We will prescribe four medications to be taken after surgery. These medications will be as follows:

1. Antibiotic (Amoxicillin; take at dinner)– to decrease post-operative infection.
2. Anti-swelling (Decadron; take at dinner)– as the name implies. This decreases post-operative swelling.
3. Analgesics (Lorcet - take all day as directed)– for post-operative pain relief.
4. Mouth rinse (take tomorrow)– this improves healing and decreases wound infection.
(This is not an “over-the-counter” mouth rinse!)

-Take Tylenol as needed for today.

-Take Advil, Motrin or Ibuprofen tomorrow as needed.

Please take all medications as prescribed.

If the patient becomes nauseated: Sip room temperature bi-carbonated soda or ginger ale and check the position of the gauze to ensure blood is being absorbed. If nausea persists, (1-2 hours later), then call the office with a pharmacy number so a medication for the nausea can be called in!

Diet:

It is important that you remain on a puree/soft or liquid diet for seven (7) days following the surgery to avoid any soft tissue damage or disruption of the sutures. On the day of surgery avoid citric acid products (orange juice, grapefruit juice, lemonade, and tomato juice). Please do not use a straw. Do not rinse or spit the day of treatment.

Swelling:

Keep an ice pack on the outside of the face (adjacent to the surgical site or sites). Doing this will help minimize the swelling. The suggested regimen for use of the ice pack is

(10)-(20) minutes on and (10)-(20) minutes off. Use the ice packs only on the day of surgery. The day after surgery use warm moist heat (such as a hot water bottle), if swelling remains. Please do not use a heating pad, doing this may dry out your skin.

The day of surgery keep your head elevated on two pillows. Avoid sleeping on the same side in which the surgery was performed. This procedure will help to minimize the swelling!

Gauze:

You will leave our office with a gauze pack placed over the surgical site. You will be given extra gauze to change every fifteen (15) to thirty (30) minutes for the first two (2) hours. After this time, change the gauze as seen necessary. This will allow the bleeding to stop. It is important that you bite down firmly on the gauze. Gauze packs will also help prevent nausea by absorbing the blood.

Second Day Through Day Seven

Oral Hygiene Sequence: (follow steps 1-5)

1. Start warm salt water rinses three (3) to four (4) times per day (One teaspoon of salt in an 8-ounce cup of lukewarm water). Gently rinse and expectorate. No Water Piks. Continue this procedure for one week.
2. Use a Q-tip dipped in peroxide on Silver caps (for 1-stage patients) or the incision line and the tooth forward and behind if applicable.
3. Rinse with water.
4. Rinse with Periogard (if prescribed).
5. Apply Periogel (if prescribed).

Your surgical site is closed with sutures. These sutures are generally removed approximately seven days following surgical treatment. Sometimes they are left for longer—the Doctor will tell you when they will be removed!

Some discomfort, swelling, bruising, and pain may be experienced for the next two (2) to three (3) days. This is normal...it will get better!

For those patients who are wearing a removable appliance (i.e. a partial/denture), explicit instructions as to its use will be explained by Dr. Barsamian or Dr. Landis. In many cases, the prosthesis will be adjusted and soft lined. This liner will be replaced periodically by our staff.

If you have any questions or concerns, please do not hesitate to contact the office!