

Manteca Dental Care

| Rick Van Tran, DDS |

Home Care Instructions for Dental Implants

DO NOT DISTURB THE WOUND! Avoid rinsing, spitting, or touching the wound on the day of surgery. There will be a metal healing abutment protruding through the gingival (gum) tissue.

BLEEDING. Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. Sometimes biting on a wet tea bag helps control bleeding. The tannic acid found in tea aids in forming a blood clot. If profuse bleeding still continues, please call our office.

SWELLING. Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 36 hours.

DIET. Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

PAIN. You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

ANTIBIOTICS. Be sure to take the prescribed antibiotics as directed to help prevent infection. Placement of an implant is surgery, therefore it is imperative that you take your antibiotics.

ORAL HYGIENE. Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas.

ACTIVITY. Limit physical activities for at least 3 day or so immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

PROSTHESIS. We understand how important it is for our patients to be able to wear their temporary teeth as soon as possible after surgery. All removable appliances including partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days. In most cases, full or partial dentures should be used only for cosmetic purposes, not for chewing, and should be worn only in public as needed.

If there are any problems or concerns, please do not hesitate to call our office immediately!!

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