

Young Smiles Family Dentistry

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IMPLANT Post- Operative Instructions

For the Remainder of the Day:

- **Do not spit:** Use a tissue to wipe your mouth as needed, or swallow your saliva.
- **Do not blow your nose aggressively:** The air pressure can disrupt healing, especially if you received a bone graft.
- **Do not use a drinking straw:** Drink straight from the cup.
- **Do not smoke or vape:** Smoking and using vape can increase the chances of an infection.
- **Keep fingers and tongue away from the surgical area:** Spitting, the use of a straw, smoking, and poking the surgical area can dislodge the blood clot that is forming and cause bleeding from the area. Vigorous mouth rinsing or chewing in the areas of the extraction should be avoided.
- **Do not eat hot & spicy food/drink for 24 hours**

After a dental implant has been placed, you may notice a small metal cylinder (healing abutment) protruding through the gums. Be careful to avoid traumatizing or chewing directly on this area. Additionally, there may be sutures present; take care not to disturb them. It is crucial to begin taking your antibiotics and using your prescription mouth rinse on the day of the surgery. If you did not receive these prescriptions, please contact our office immediately.

Immediately After Surgery

1. Bleeding: Some bleeding or redness in the saliva is normal for the first 24 hours. Bite on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, replace the gauze and apply pressure for another 30 minutes. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours. If bleeding still persists, please contact our office.

2. Swelling: Some swelling is a normal occurrence after surgery. The extent of swelling varies and depends on the extent of the surgery and each individual patient. To minimize swelling, apply an ice pack to the outside of the face in the surgical area. Use the ice pack for 15 minutes on and 15 minutes off for the first 24-48 hours. If it doesn't start reducing by 72 hours, please contact our office.

3. Pain Management: Pain medications will be prescribed to manage discomfort. Take these medications as directed.

4. Antibiotics: If antibiotics are prescribed, complete the full course as directed to prevent infection.

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IMPLANT HOME CARE

While your implant will not decay, you can still develop gingivitis and gum disease that results in bone loss if you don't take care of your implant and overall oral health.

Always Do the Following:

- Brush your teeth with a narrow-head, soft-bristle toothbrush, which is better able to reach the crevices around your implant and clean between your implant and gums. We recommend using an electric toothbrush, such as a Philips Sonicare, for gentle, thorough brushing.
- Use nonabrasive toothpaste—this is safer to use on your implants than abrasive toothpaste but still provides the thorough cleaning and stimulation your gums need.
- Floss with unwaxed floss. We also recommend using a water flosser, such as a Waterpik with a Plaque Seeker tip, to carefully clean between your teeth. A water flosser will act as an antimicrobial, helping prevent buildup of harmful bacteria.
- Maintain regular dental cleanings and exams in our office. Doing so is critical to keeping your teeth healthy and allows us to examine your dental implant restoration on routine basis.

Never Do the Following:

- *Chew ice, eat very hard foods, or use your teeth as tools* (as in trying to open or tear items with your teeth). You can break your implant crown just as you can break a natural tooth.
- *Use toothpicks or any type of metal pick around the implant.* Doing so could cause serious damage to your implant.

When to Call Us

- If you experience any slight bleeding or inflammation of your gum tissue, use a warm salt-water rinse 3 to 4 times a day. If the issue doesn't resolve in a few days, call our office.
- Immediately report any excess bleeding or swelling around your implant area.
- It's imperative that you notify us if you think you feel any movement in your tooth. We take great care to tighten the implant screw properly so that it doesn't become loose. However, on very rare occasions, we have seen an implant screw loosen.

With proper care, your dental implants are designed to last a long time—more than 25 years. Please take care of them!