



AFTER PLACEMENT OF 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 gum tissue. If not visible sutures will be in place.

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.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack to the cheek in the area of surgery. Apply the ice continuously, as often as possible, for the first 24 hours. After 24 hours apply warm, moist heat to outside of cheek. Keep head elevated for 1-2 days to alleviate swelling.

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.

Medications and Pain

Numbness following surgery is normal for the first day or two.

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For pain, the prescribed medication should be taken as directed. Be sure to take the prescribed antibiotics as directed to help prevent infection. Begin taking medication as prescribed once food has been consumed. Taking medications on an empty stomach can cause discomfort.

Oral Hygiene

Good oral hygiene is essential to good healing. Brushing your teeth must begin at bedtime the night of your surgery. A soft toothbrush is recommended. Warm salt-water rinses (one teaspoon of salt in a cup of warm water) should be used at least four to five times a day, as well, especially after meals.

Wearing Your Prosthesis

Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least ten days. This was discussed in the preoperative consultation.

Smoking

Smoking delays healing and increases pain during healing time. **DO NOT SMOKE.**

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try to call during office hours; however a 24-hour answering service is available for after hours contact with a doctor. Call (210) 444-9312 to be directed.

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