

## **IMPLANT POST-OPERATIVE SURGICAL INSTRUCTIONS**

For patients of Dr. McDonough, Dr. Stockton and Dr. Shelton

We are committed to providing the same quality of care following procedures that began during your initial visit. To that end, please refer to the general post-operative guidelines below.

### **Swelling**

With basic implant surgery, there will be mild post-operative swelling that may increase for 48 hours after the procedure. Most swelling should resolve within 5-7 days. With larger implant surgeries, such as large bone grafts, a greater amount of swelling may occur during the first 48-72 hours after surgery. You can reduce possible swelling by applying a cold pack to your face on the surgical area. Intermittent application is most effective (20 minutes on, 20 minutes off).

### **Bleeding**

In case of bleeding, bite on a folded pad of gauze for one hour. Do not replace the pad during this time. Keep head elevated and apply external cooling to your cheek. Avoid any hot liquids for 24 hours.

### **Medication**

If your doctor prescribed painkillers and/or antibiotics for you, keep to the specified dosage.

### **Hygiene**

You will need to maintain the cleanliness around the implant. This is vital to the optimal health and long-term success of the implant. Your doctor should review hygiene instructions with you.

## **DO'S AND DON'TS AFTER SURGERY**

### **Driving**

In the first few hours after surgery, your ability to drive may be impaired depending upon the type of anesthesia and pain medication you are given. Ask your doctor.

### **Head UP**

Keep your head elevated throughout the day. Sitting is better than lying down. At night, position your head higher than the rest of your body. Do not sleep on the side where the surgery took place.

### **Eating and Drinking**

Avoid hot drinks. Eat soft foods for a day or two.

### **Irritants**

Irritants can cause complications. Therefore, it is advisable to avoid alcohol and nicotine. Do not smoke.

### **Exercise**

Avoid vigorous exercise for the first three days after surgery.

### **Dental Care**

Do not use a toothbrush or other aids on the surgical area for one day. Do not rinse within eight hours after surgery as this may cause bleeding. Begin rinsing with prescribed dental solution the day after surgery, two times per day for two weeks.

### **WHEN SHOULD YOU CALL YOUR DOCTOR?**

- If you have persistent complaints, swelling or throbbing pain several days after surgery
- If bleeding recurs
- If you still feel numb 12 hours after surgery

**If you have a medical emergency that cannot wait until the next business day, please call 317-441-2003.** Please have the name of your doctor and your pharmacy number ready in case we need it.